

September 2019

## Ambrosia September 2019 Full Issue

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# AMBROSIA 客道

THE MAGAZINE OF THE INTERNATIONAL CULINARY INSTITUTE • SEPTEMBER 2019 九月號

## SMOKE SIGNALS

A return to the age-old art of smoking  
炊煙四起  
歷史悠久的煙燻技術捲土重來

## GRAPE BRITAIN

The sparkle of English wine  
英國葡萄成熟時  
英格蘭葡萄酒迸發火花

## RICHARD EKKEBUS

Evolution and innovation  
演變與創新



# WELCOME MESSAGE 歡迎您！

## WORLDWIDE NETWORK 環球網絡 拓闊視野

It's an exciting time in our home of Hong Kong. Trailblazing chef and cover star Richard Ekkebus is upending the dining scene with the recent relaunch of his lauded restaurant Amber. With its new rules and pioneering practices, he's set to influence an entire industry and we're delighted to be able to welcome him into our stable of Honorary Advisors where he will be sharing valuable experience with the next generation of culinary and hospitality professionals.

The restaurant industry is ripe for change. In this issue, we meet a selection of socially-conscious chefs and restaurateurs who are bringing more than just good food to the table by contributing to their communities and giving back in a number of different ways.

In the kitchen, the revival of age-old crafts

continues, and we take a deeper dive into the trend for smoking. Meats, fish, vegetables and even fruits are among the ingredients benefiting from this traditional technique and we talk to the chefs who are tending those fires.

Often overlooked on the culinary front, Eastern Europe's chefs are also looking to tradition, embracing their roots and highlighting the fruits of their lands through innovative cooking. We take a gastronomic tour of Russia, Poland, Hungary and the Baltic states to find out more.

Meanwhile, on the other side of Europe... let's just say that when the French start to look across the Channel for wine, you know the English must be doing something right. We delve into England's increasingly acclaimed wine industry.

And did we mention the chefs who are going wild for game? We feature them in this issue, too. Without a doubt, the culinary world is an exciting place to be. We hope you relish its discovery as much as we do.

**香**港餐飲業再次風起雲湧，讓人期待。喜歡創新的知名大廚Richard Ekkebus，勢要藉著其著名餐廳Amber重新開業的時機，再次顛覆香港餐飲業。他設下新的規則和開創先河的做法，希望藉此影響整個行業。我們很高興他成為國際廚藝學院的榮譽顧問，跟廚藝和款待業的明日之星分享他的寶貴經驗。

餐飲業已發展成熟，此刻正是作出改變的最好時機。在今期《AMBROSIA客道》裡，我們訪問了多位積極幫助社會上有需要人士的大廚兼餐廳東主，他們不僅為社區裡的居民帶來美味的佳餚，亦同時以各種不同的方法回饋社區。

回到廚房裡，廚師們繼續探索古老的烹調技巧，給它們賦予新生。本期雜誌將深入探討煙燻技巧捲土重來的趨勢。肉類、魚類、蔬菜甚至水果，均受惠於這種傳統技巧。為此，我們訪問了負責控制火喉的大廚們。

東歐菜一直備受忽視，但當地的大廚從傳統中尋找靈感，擁抱自己的根源，以充滿創意的烹調方法突顯區內的大地恩賜。我們將帶大家到俄羅斯、波蘭、匈牙利和波羅的海三國，展開尋找東歐美食之旅。

與此同時，在歐洲的另一邊……這樣說吧，當法國釀酒業也開始將目光移向海峽對岸的美酒時，可以說，英格蘭葡萄酒業一定是踏上了正確的道路。我們就趁此機會，來發掘英格蘭聲名鵲起的葡萄酒。

差點忘了那些情迷野味的廚師們！本期《AMBROSIA客道》也訪問了他們。毫無疑問，烹飪世界正在蛻變，我們對此滿懷期待，並期望能坐享其成果。

ICI Editorial Team  
國際廚藝學院編輯組



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### KEE FOONG

A former editor of the LUXE City Guides and Discovery magazine, Hong Kong-based journalist Kee has an insatiable appetite for food and travel, one that has seen him gorge his way through every continent on earth. As happy dining in street-side eateries as he is at some of the finest restaurants in the world, for AMBROSIA he takes a culinary tour of Eastern Europe.

定居香港的Kee曾擔任《LUXE City Guides》及國泰航空《Discovery》雜誌的編輯，他對美食和旅行永不滿足的欲望使他走遍七大洲。在《AMBROSIA客道》，欣賞全球頂級餐廳的精緻佳餚，也同樣喜歡街頭小食的他，將帶大家來一趟東歐美食之旅。



### PAYAL UTTAM

Payal is a freelance journalist currently based in Singapore. She has been writing about travel, food and culture across the globe for more than a decade and her work has appeared in The Wall Street Journal, CNN, Quartz, Forbes, The Art Newspaper and Women's Wear Daily. For AMBROSIA she meets the chefs bringing more than food to the table.

目前定居新加坡的自由作者Payal，過去十多年來一直報道全球各地的旅遊、飲食和文化資訊，其文章見於《華爾街日報》、《CNN》、《Quartz》、《福布斯》、《The Art Newspaper》和《Women's Wear Daily》。於今期《AMBROSIA客道》裡，Payal訪問了多位將愛心帶到餐桌上的廚師。

### MAMIE CHEN

Mamie is a food writer and founding team member of Tasting Kitchen (TK) magazine. She contributes to various other publications as well as the Michelin Guide Hong Kong Macau website. Mamie particularly enjoys interviewing chefs and delving into their passions and motivations. For this issue, she explores the renewed interest in food smoking.

Mamie是《Tasting Kitchen (TK)》雜誌的創辦成員之一，擅長撰寫飲食文章，作品見於香港及澳門米芝蓮指南網站及其他刊物。她最喜歡訪問廚師，發掘他們的熱忱和動力。在本期《AMBROSIA客道》，她為我們探討再度受廚師注目的煙燻烹調技巧。



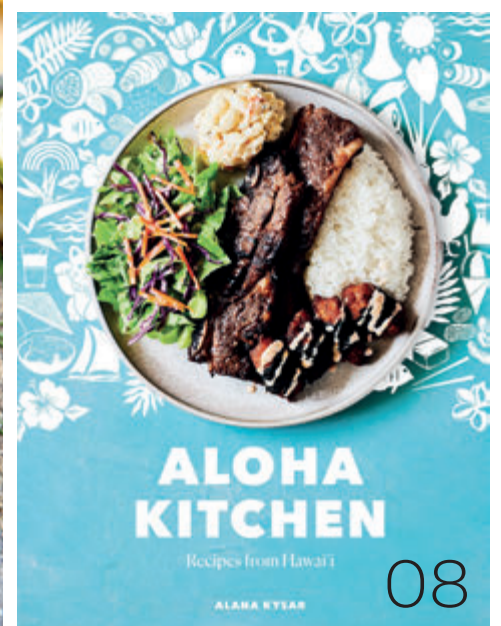
### ANNA CUMMINS

A Brummie by name and Hongkonger by nature, Anna is a freelance lifestyle writer and editor who finds this a perfect excuse to be as nosy as possible, all the time. Specialist subjects include negronis, 90s B-sides and chilli sauce. For AMBROSIA she talks to the chefs who are going wild for alternative meats.

出生於伯明翰但已扎根香港的Anna是自由作者及編輯，喜歡撰寫跟生活時尚有關的文章，藉此盡情刺探周遭一切。Anna擅長的題材包括有negroni雞尾酒、1990年代的副流行產物及辣椒醬。在本期《AMBROSIA客道》裡，她訪問了多位對另類肉類推崇有加的廚師。

# TEST KITCHEN

GASTROPEDIA 美食百科 • BOOKSHELF 新書上架 • TOOL OF THE TRADE 創意廚具 • LEXICON 專業詞彙





# Food of the gods

## 天賜美食

From fabulously expensive caviar to more humble species of roe, fish eggs feature in many of the world’s cuisines 由昂貴的魚子醬，到價錢相宜的普通魚卵，世界各地均可找到以魚子炮製的美食

By Jon Wall

C

**What? 關於魚子**

Considered a delicacy in many parts of the world, roe comprises the ripened, unfertilised internal or external egg masses of fish, or other marine animals such as shrimp or scallops. It can be consumed either salted and raw – most famously and exclusively as caviar – or uncured and cooked.

在全球各地均被視為美食的魚子，是指魚類體內或已排出體外而未受精的成熟魚卵。除了魚類，某些海洋生物如蝦和帶子等的卵子也會泛稱為魚子。魚子可以用鹽醃製後生吃，或是不醃製但煮熟吃，其中魚子醬就是最著名和矜貴的生吃鹽醃魚子。

**Form 食用方式**

Caviar – a name that should strictly be applied only to the eggs of the sturgeon – is produced by a painstaking process that involves removing the eggs from the pouches, washing and salting them, and then packing them in tins or jars. Although other varieties of fish eggs can be processed and consumed similarly, these aren’t regarded as “true” caviar.

魚子醬必須由鱈魚的魚卵製造，過程非常繁複，包括從魚子囊取出一顆顆的魚卵、清洗和鹽醃等，最後會裝進鋁罐或瓶子裡出售。其他魚的魚卵雖然也可以用相似的方法處理和食用，但卻不能稱之為「正宗」魚子醬。

US\$25,000

According to Guinness World Records, the world’s most expensive food is Almas. One kilogram of this delicious and aromatic caviar, which comes from the rare Iranian albino beluga sturgeon of the southern Caspian Sea, sells for more than US\$25,000.

根據健力士世界紀錄，全球最貴的食物叫Almas魚子醬。它是以棲息於伊朗裡海南部的罕有大白鱈魚子製造，味道鮮美而香氣馥郁，每公斤售逾25,000美元。



Caviar production  
魚子醬產量

The United Nations Food & Agricultural Organisation (FAO) defines caviar as deriving only from fish of the Acipenseriformes families, meaning sturgeon and paddlefish. Traditionally the delicacy was produced around the Caspian Sea in Central Asia, with the variety from the beluga sturgeon being especially prized for its large, soft eggs. Today most sturgeon is farmed, with some 54% of the world’s 2,300-plus farms in 2017 located in China; in the same year, the mainland accounted for 79,638 tonnes of overall sturgeon biomass, compared with 6,800 tonnes in Russia and 6,000 in Armenia.

根據聯合國糧食及農業組織的定義，用來做魚子醬的魚子必須來自鱈形目魚類，即是鱈魚和大硬鰭魚。傳統上，魚子醬產自中亞的裡海周邊，並以大白鱈又大又柔軟的魚子最受推崇。今天，大部分鱈魚為人工養殖，而根據2017年的數字，全球2,300多家鱈魚養殖場中，約54%位於中國。同年的數字亦顯示，中國出產79,638噸鱈魚，俄羅斯和亞美尼亞則分別生產6,800噸和6,000噸。

## Fish roe around the world

### 世界各地的魚子美食

Caviar is often consumed with blinis (small buckwheat pancakes), sour cream and chopped boiled egg and chives. Russians – and connoisseurs – wash it down with a slug of cold vodka or, failing that, a glass of champagne.

Crab and shrimp roes are consumed in China, sometimes as a topping on dishes or soups.

In Italy, entire fish-roe sacs (generally from Atlantic bluefin tuna but also from mullet) are salted, dried and then shaved as a dressing for pasta or eaten with lemon and olive oil, in which form it’s known as *bottarga*.

Numerous types of raw roe are used in Japanese sushi, the best known being the bright orange salmon eggs called *ikura*. Fish roe is also cooked tempura-style.

Greek taramasalata is a dip of carp roe mixed with lemon juice, olive oil and onions.

Huevera Frita in Peru comprises pan-fried, breaded roe, served with onion salad on the side.



Fish and chip shops in the United Kingdom often serve cod roe deep fried in batter.

魚子醬通常與俄羅斯小巧的蕎麥煎餅、酸忌廉、碎蛋和細香蔥一起享用，俄羅斯人和美食專家還會佐以冰凍的伏特加或退而求其次以香檳代替。

中國人喜歡吃蟹子（即蟹黃）和蝦子，有時會放在菜式和湯上面增添風味。

意大利人會將大西洋藍鰭吞拿魚或烏頭的整個魚子囊用鹽醃製、風乾，做成烏魚子，然後刨成一片片作為意粉的醬汁，或跟檸檬和橄欖油一起享用。

日本壽司採用多種生魚子，最常見的是鮮橙色的三文魚子。除了生吃，還會做成魚子天婦羅。

希臘的taramasalata是由鯉魚子混和檸檬汁、橄欖油和洋蔥做成的蘸醬。

秘魯的Huevera Frita則是香煎裹上麵包糠的魚子伴洋葱沙律。

英國的炸魚薯條店會供應裹上麵粉漿的炸鱈魚子。

Health 健康價值

Fish roe, whether caviar or otherwise, is low in saturated fats; a normal serving of sturgeon roe contains around a gram, whereas herring roe, for instance, is entirely free of saturated fat. Nor is it a significant source of carbohydrate or sugar. Although it isn’t high in protein (a serving of caviar contains around 4 grams), it does provide good doses of Vitamin B12, choline and selenium. While it’s an excellent source of omega-3 fatty acids, the fact that it’s high in cholesterol and, in the case of caviar and other processed roes, sodium, are obvious downsides.

魚子，不管是來自鱈魚還是其他魚類，均含有極低的飽和脂肪，普通一份鱈魚子約有一克飽和脂肪，而鮭魚子更完全不含飽和脂肪。魚子的碳水化合物、糖分和蛋白質（一份魚子醬約有四克）含量也不高，但維他命B12、膽鹼（維他命B複合體之一）和硒卻相當豐富。魚子也是奧米茄3脂肪酸的極佳來源。不過，魚子也有膽固醇含量過高，以及加工過的魚子如魚子醬等鹽分含量偏高等不利健康的因素。



## Caviar in history

### 魚子醬歷史

Said to have been first perfected in ancient Persia (now Iran), salted caviar became so synonymous with wealth, power and privilege that the 14th-century English King Edward II declared the sturgeon to be reserved for royalty – as indeed it remains today. Caviar became so popular in the Russian court during the 19th century that the countries around the Caspian Sea began producing it in ever-greater quantities, which eventually led to a crisis of over-fishing and poaching in the mid-1990s. After a complete ban on the export and import of wild sturgeon by the Convention on International Trade in Endangered Species in 2006, all caviar sold around the world is farmed.



以鹽醃製的魚子醬據說早在古波斯（現今的伊朗）時期已達至完美，被視為財富、權力和特權的象徵。14世紀，英王愛德華二世將鱈魚封為皇家魚類，該法令至今仍然生效。到了19世紀，魚子醬風行俄羅斯王室，裡海周邊國家的魚子醬產量因此達到巔峰，導致1990年代中期出現濫捕和偷捕的情況。2006年，瀕危野生動植物種國際貿易公約禁止進出口野生鱈魚，因此現時全球各地出售的魚子醬均來自養魚場的鱈魚。

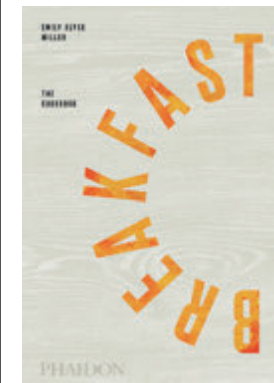


# Top tomes

## 關於吃的聖典

The creative and captivating culinary explorations put down on paper that deserve a place on your bookshelf 充滿創意、記載動人廚藝篇章的烹飪書籍絕對值得買回家細閱

By Rachel Duffell



**Breakfast: The Cookbook**  
By Emily Elyse Miller  
May 2019

Some call it the most important meal of the day; others haven't indulged in it for decades. Whatever your thoughts on the fast-breaking repast, every culture has its own traditions, not to mention the fact that it's definitely a meal on the rise. This book brings breakfast recipes from around the world – 380 from 80 countries – to show that whatever the importance you place on it, it can always be interesting, eye-opening and culturally enriching. There's no better way to start the day.

有人認為那一天之中最重要的一餐，但也有人長期忽視它。不管你認為早餐有什麼意義，每個文化都有自己的早餐傳統，更何況，目前早餐已開始愈來愈受重視。本書網羅全球各地80個國家共380份早餐食譜，不管你重視早餐與否，這本有趣、文化意涵豐富的烹飪書都可以讓你眼界大開。一天之計沒有比閱讀世界各地的早餐食譜和文化更賞心的樂事。



**Aloha Kitchen: Recipes from Hawai'i**  
By Alana Kysar  
March 2019

Hawaii is something of a melting pot when it comes to food, with local influences from the native Polynesian population as well as elements of Chinese, Japanese, Portuguese, Korean, Filipino and Western cuisines. Its diversity is beautifully reflected in Maui native Alana Kysar's cookbook, which explores classics such as poke, introduces the nation's staples, from saimin and loco moco to shoyu chicken, and reveals more about their origin and history. It's a delicious celebration of the islands' culinary heritage.

夏威夷毫無疑問是一個美食熔爐，其菜式除深受當地玻里尼西亞人的影響，也糅合了中國、日本、葡萄牙、韓國、菲律賓和西方國家等地的風味。生於茂宜島的Alana Kysar在這本烹飪書裡介紹了夏威夷的傳統菜式如魚生飯、常見佳餚豉油雞，以至細麵和米飯漢堡等主食，並記述每款美食的起源和歷史，儼如給夏威夷群島的多元烹飪文化一次色香味俱全的禮讚。



**Ruffage: A Practical Guide to Vegetables**  
By Abra Berens  
April 2019

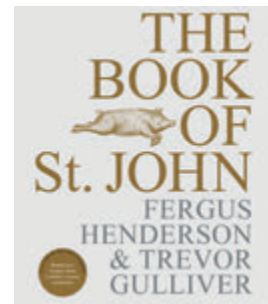
*Ruffage* encourages chefs to think outside the box. Because why shouldn't you shave your cauliflower or poach your radishes? The brainchild of chef Abra Berens, who conceived the book while running a small farm, *Ruffage* reflects how she got creative with whatever was in season. The book highlights cooking methods from confit to caramelising, braising to blistering for different vegetables and looks at how you can use them in a range of recipes. *Ruffage* will revolutionise the way you approach vegetables.

《Ruffage》鼓勵廚師突破固有烹飪習慣。為什麼不能將花椰菜的菜花切下來烹調？水煮蘿蔔又有何不可？撰寫此書的大廚Abra Berens本身經營一座小型農場，該書記載了她對當季農產各種創意十足的嘗試，並介紹各式烹調蔬菜的方法，如油封、焦糖、慢燉及烘烤等，另外亦包含一系列的蔬菜食譜。《Ruffage》會顛覆你對蔬菜的想像。

**The Book of St. John**  
By Fergus Henderson and Trevor Gulliver  
October 2019 (Ebury Press)

Fergus Henderson and Trevor Gulliver are celebrating 25 years at St. John, a London restaurant that's become synonymous with well-sourced, seasonal ingredients prepared with respect to every part, with nothing wasted, everything treasured. This comprehensive tome considers the ethos and working practices and includes some of the restaurant's best-loved recipes – many never published before – and wine recommendations from a quarter century of fine British cuisine.

倫敦餐廳St. John以創意飲食享負盛名，它一直堅持選用精心搜羅的食材和當季農產，並且珍惜和尊重食物資源，絕不浪費任何部位。創辦人Fergus Henderson和Trevor Gulliver趁著餐廳開業25週年，出版了這本資料翔實的烹飪書，分享餐廳的價值觀和工作習慣，以及餐廳最受歡迎菜式的食譜，當中不少從未出版。此外，書裡還有來自這家已屹立四分之一世紀的英國高級食府的佳釀推介。



**The Garden Chef**  
By Phaidon editors  
April 2019

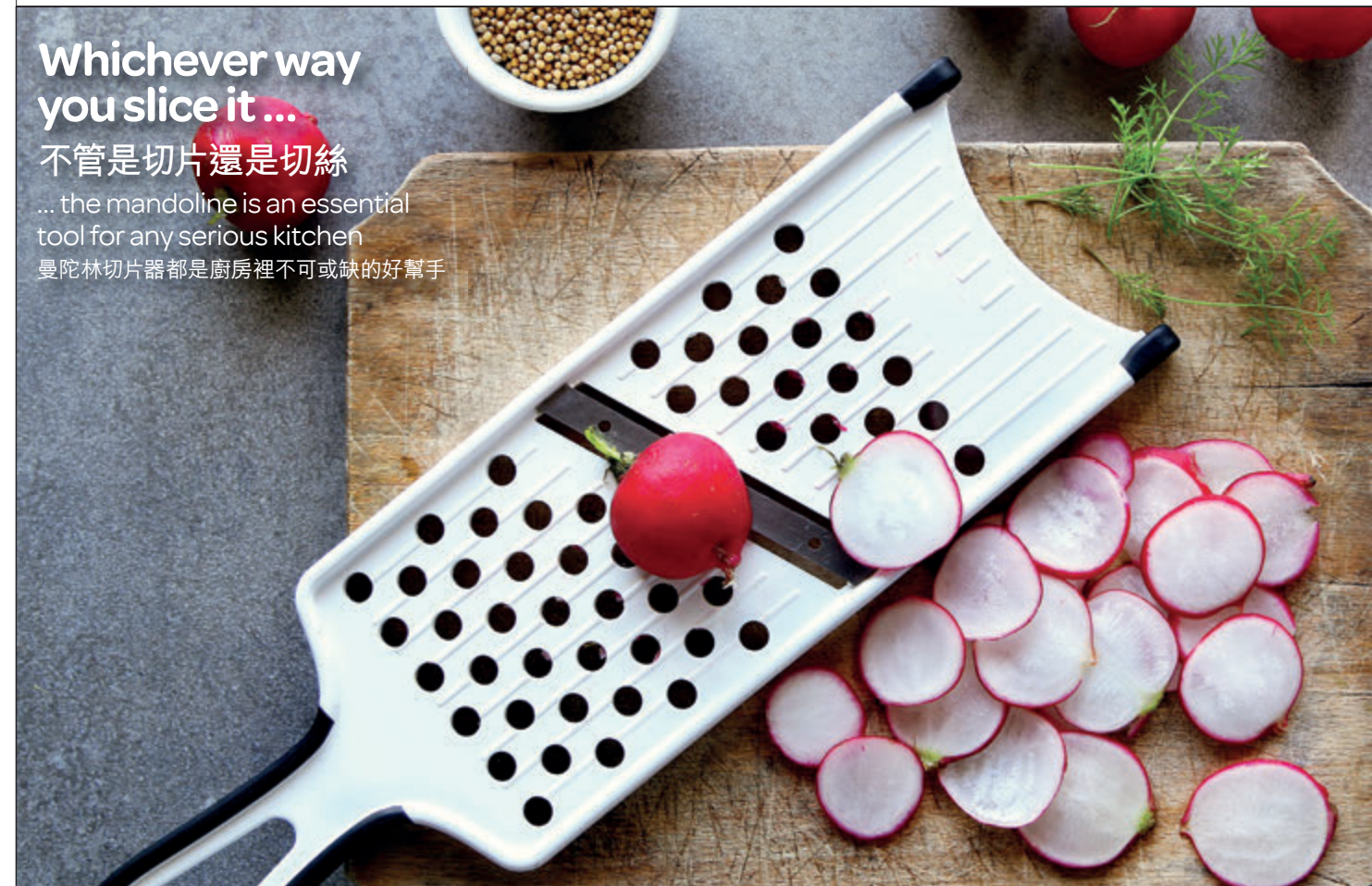
Chefs no longer solely inhabit the kitchen. Many green-fingered cooks delight in an extended culinary process that starts with the plant and ends at the plate. This tome looks at chefs' growing spaces around the world, whether city rooftop or country plot, herb garden or fruit orchard, and not only reveals what these chefs grow, but also presents garden-focused recipes and growing tips. Chefs Magnus Nilsson, Simon Rogan and Alice Waters are among those whose greenhouses and gardens serve as a source of inspiration.

今天的大廚不再是窩在廚房裡埋頭苦幹，不少熱愛園藝的廚師由種植蔬菜開始到佳餚上碟為止都會親力親為。本書走訪了世界各地由大廚們打理的栽種空間，當中包括城市大廈的天台農莊、鄉郊農田、香草園和果園等，不但記錄了他們種植的蔬果，還附上以蔬果為主的菜式食譜和種植心得。多位受訪的大廚，包括Magnus Nilsson、Simon Rogan和Alice Waters，都喜歡從自己的溫室、菜園尋找靈感。

# Whichever way you slice it ...

## 不管是切片還是切絲

... the mandoline is an essential tool for any serious kitchen  
曼陀林切片器都是廚房裡不可或缺的好幫手



By Jon Wall

Named for the manner in which its manual operation resembles the plucking of the strings of the musical instrument that shares its name, the mandoline is a kitchen tool used for the rapid chopping of ingredients – usually vegetables, but also harder fruits – julienne style, in other words, into thin slices or matchstick-like pieces. Thus cut, the vegetables can be added to broths and stir-fries, or used as garnishes; thinly sliced potatoes can be layered on top of casseroles, baked with cream dauphinoise-style or even deep-fried as game chips (or crisps). Chopped apples and even mangoes and bananas can be added to vegetable or fruit salads, and unpeeled citrus fruit can also be julienned to decorate dishes and drinks.

Fairly recent in origin, the implement is thought to date back to the 18th century. According to

one theory, which may be fanciful in the extreme, it was invented by one Joseph-Ignace Guillotin, a French doctor and politician who in 1789 came up with the notion of a device to be used for “painless” human executions; later known as “Madame la Guillotine”, this gruesome killing machine became notorious during the French Reign of Terror and beyond.

At its simplest, the mandoline is inexpensive, hand-held and comprises a pair of parallel surfaces. The edge of one surface, which can be adjusted for height, is fitted with a sharp and often interchangeable blade, with different serrations offering a range of cutting widths and patterns. The vegetable or fruit to be sliced is slid along the surface of the base plate until it comes into contact with the blade.

Smaller and cheaper mandolines

are mostly made from plastic, while sturdier, professional-quality devices are likely to feature a greater proportion of stainless steel. Heavier-duty – and, indeed, the most practical – options have folding stands for greater stability and with one end angled higher than the other. A handguard is considered essential on these larger devices.

曼陀林切片器的名稱由來，源於其操作方式類似曼陀林的撥弦手法。這種廚房工具可以迅速地將食材（通常是蔬菜，或是質地較硬的水果）切片或切絲。切成片狀或絲狀的蔬菜可以加入高湯一起拌炒，或當作裝飾。切成薄片的薯仔可以作為法式烤鍋料理的最上面一層，或用來烤薯仔奶油千層批，又或是炸薯片。蘋果、芒果和香蕉都可以切片用來做沙律，將柑橘類的果皮切絲，則可以用來裝飾菜餚和飲品。

曼陀林切片器於18世紀面世。根據某

個比較富想像力的說法，它是由法國人Joseph-Ignace Guillotin所發明。這位法國醫生兼政治家在1789年忽發奇想，發明了一種「無痛」行刑工具，那就是在法國恐怖統治時期惡名昭彰，以及後來人所共知的「斷頭台」，也是曼陀林切片器的前身。

曼陀林切片器設計簡約，價格低廉，以手動操作，由兩個並列的平面組成，而其中可以調校高度的一面會鑲有鋒利的刀片。刀片通常可以更換，並配備不同大小和形狀的鋸齒，可以切出各種厚度和圖案。使用時，將蔬菜或水果置於平面上，然後沿著平面來回滑過刀片即可。

小型而便宜的曼陀林切片器多半以塑膠製造，較為堅固而專業的則會使用較多不鏽鋼材質。比較耐用也最實用的款式，通常附設折疊支架，或是其中一端高於另一端，藉此提高穩定度。此外，大部分曼陀林切片器都配備具有保護作用的把手。



# Potato spiel

## 薯仔八講

The humble spud is used around the world in myriad ways. With more than 5,000 varieties, ranging from russet and red to white, yellow and blue, and from waxy to floury, the versatile, carb-loaded staple lends itself to a wide range of culinary delights

平平無奇的薯仔用途廣泛，世界各地菜式都可以找到它的蹤跡。薯仔品種極多，從褐皮、紅皮到白皮、黃皮和藍皮，從爽脆到粉狀，超過5,000種。它非常百搭，碳水化合物含量高，適合用來烹調多種美食

By Rachel Duffell



**1 Chips 薯條**

French fries to the North American, chips to the British, and *frites* to the Belgians, these batonnet-cut deep-fried potatoes, which can be thin- or thick-cut, are most at home in fast-food restaurants, pubs and bars. Generally twice cooked in hot fat for a crispier final product – floury potatoes are best – they are salted and, particularly when they accompany battered or breaded fish in the UK, served with a splash of vinegar. In Canada they might be topped with cheese curds and gravy, in a dish known as poutine. The French and the Belgians both claim to have invented French fries but the jury remains out.

薯條在北美叫做French fries（法式薯條），英國稱之為chips，比利時則名為frites，有的切得比較粗，有的比較幼，最常見於快餐店和酒吧。薯條通常會在滾油中炸兩次，這樣表面會更香脆。用來做薯條的薯仔以質地較粉的最佳。薯條一般會用鹽調味，英國的炸魚（裹上麵糊或麵包糠炸成的魚塊）薯條通常還會灑上一點醋。在加拿大，有一道名為肉汁芝士薯條的美食，在薯條上鋪上熱融的芝士和肉汁，非常惹味。法國人和比利時人都聲稱自己是法式薯條的發明者，但仍未有定論。

**2 Crisps 薯片**

Potato chips or crisps vary wildly in quality, from hand-cut heirloom potatoes fried in the finest olive oil to your typical Lays Lightly Salted. Floury varieties – russet or Maris Piper – are preferred, sliced as thinly as possible: the mandoline is the perfect tool, to ensure they cook through and crisp properly before burning. It’s important to bring down starch content by soaking prior to frying (for best results) or baking, then seasoning with the desired spice, salt and pepper while still hot.

薯片的品質可以南轅北轍，從採用復古薯仔以頂級橄欖油炸成的手切薯片，到經典的樂事少鹽薯片，豐儉由人。用來做薯片的薯仔，以質地較粉的品種為佳，如褐皮和常見的Maris Piper品種。為了確保薯片不會在炸熟前就變成焦黑一片，切片宜薄，最好是用刨刀。薯片須先用水浸泡以降低澱粉含量後才拿去油炸（效果最佳）或烤熟，這個步驟非常關鍵。最後趁熱灑上喜歡的香料、鹽、胡椒調味。

**3 Gnocchi 意式糰子**

The recipe for these soft dumplings varies across Italy but some gnocchi is made with potatoes, which are boiled and mixed with flour and egg to form a dough. They are then shaped into one-inch pieces and cooked like pasta in salted boiling water and served with sauce, commonly as a first course. Starchy potatoes make for a lighter, fluffier dumpling. While gnocchi is thought to date back to Roman times, the potato version came later following the introduction of the spud to Europe in the 16th century.

口感軟糯的糰子在意大利不同地方有不同的做法，其中之一是以煮熟的薯仔與麵粉和雞蛋混合成麵團，再搓成一吋大的糰子。煮意式糰子的方法跟意大利粉一樣，先在鹽水中煮熟，然後拌上醬汁享用，通常作為頭盤。澱粉豐富的薯仔可以做出輕盈、軟糯的糰子。意式糰子的歷史據說可追溯到羅馬時代，但用薯仔做的糰子則要等到歐洲於16世紀引入薯仔後才出現。

**4 Roasted 烤薯仔**

The perfect roast potato, traditionally part of an English Sunday roast, is fluffy on the inside and crispy on the outside. This is achieved with a more mealy variety of potato as it’s the floury edges that crisp up during roasting. Maris Piper are the roasting tattie of choice – peel, par-boil, shake in the pan to roughen the edges and put into a roasting tin with the hot fat of your choice – goose or duck fat is the ultimate indulgence.

傳統上，烤薯仔是英式星期日烤肉大餐的其中一員。完美的烤薯仔應該是外面酥脆、內部鬆化，而要做到外脆，須選用質地較粉的薯仔如Maris Piper品種等，因為邊緣的粉狀部分會在烘烤過程中變得香脆。烤薯仔的做法是，削皮、用水煮到半熟，丟進鍋裡把表面煎硬，然後放在已塗上自己喜歡的熱油的烤盤上拿去烤燜。你可以選擇豐腴、齒頰留香的鵝油或鴨油，讓味道更濃郁。

**5 New potatoes 新薯**

These are freshly dug, young potatoes, generally small and usually waxy in texture with a thin skin. They are best boiled and slathered with butter or included in salads as they hold their shape well during cooking. In Scandinavia you will find them served unpeeled with dill and herring.

這些新鮮挖掘、種植時間較短的薯仔，個子通常較小，皮薄，質地比較爽脆。新薯適宜用水煮熟後塗上厚厚的牛油享用，或是用來做沙律，因為它們不那麼容易煮爛。北歐人喜歡以連皮的新薯配時蘿和鯪魚。

**6 Potato starch 薯粉**

Potatoes are crushed to release their starch grains, which are then dried to form a powder that is used as a thickener or binder, often in soups and sauces.

薯仔壓碎後會釋出澱粉顆粒，將這些澱粉顆粒弄乾便變成薯粉。它通常用於湯和醬汁，可令湯汁質地變得濃稠。

**7 Mashed 薯蓉**

Higher starch potatoes, such as russets, produce a mash that is fluffier, more flavourful and creamier. All-purpose potatoes, such as Yukon Gold, also work well. It’s served as a side in classic British recipes including bubble and squeak or bangers and mash, or as part of a Shepherd’s pie, though many other culinary traditions make use of mashed potatoes. In Ireland, it can be combined with kale or cabbage in colcannon, or with spring onions for its champ; elsewhere in the world it’s used as a filling in treats from piroshkis and samosas to croquettes.

澱粉質較高的品種如褐皮薯仔和百搭的Yukon Gold薯仔等，可以做出質地更軟滑、味道更濃郁的薯蓉。傳統英國菜式總會找到薯蓉的蹤跡，譬如捲心菜煎薯餅、香腸薯蓉和牧羊人餡餅等。薯蓉也見於許多其他地方的菜式中：在愛爾蘭，有由青蔥混和薯蓉及由羽衣甘藍或捲心菜混和薯蓉的傳統美食；在世界其他角落，薯蓉常常被拿來當小吃的內餡，如東歐餡餅、咖喱角和炸薯餅等。

**8 Vodka 伏特加**

Potatoes are often associated with vodka, but in fact only a small proportion of vodka is actually made using the trusty spud. Vodka made from potatoes seems to have been introduced in the late 18th and early 19th centuries in Poland, while Sweden also favoured potatoes for the spirit. Originally, potatoes provided a cheap base material for vodka and created a fairly neutral spirit that was well suited to mixed drinks, though today some quality vodka brands use heirloom varieties for enhanced flavour.

說到伏特加，許多人會聯想到薯仔，但其實只有少部分伏特加是用薯仔釀製。用薯仔釀造伏特加始於18世紀末、19世紀初的波蘭，瑞典人也愛用薯仔釀製伏特加。最初會用薯仔釀伏特加，是因為材料便宜，而且釀成的酒基本上沒有味道，適合用來調配酒精飲品。不過今天，有優質的伏特加品牌採用復古薯仔來提升酒的味道。



## Milk it 植物奶

By Rachel Duffell



### Soy milk 豆漿

Made by soaking soybeans in water, removing their skins, grinding them with water and then straining and boiling, soy milk is a good source of protein. It has a distinctive taste and while it may not have the calcium content of cow's milk, it's low in saturated fats, free from cholesterol and contains B vitamins and minerals. While not all soy is sustainably farmed, its production is fairly low in emissions and it's among the milk alternatives that require the least water for production, making it one of the more sustainable choices.

將浸泡過的黃豆去皮加水磨漿，然後過濾和煮成。它豆味濃郁，雖然沒有牛奶的鈣質，但蛋白質豐富，飽和脂肪低，不含膽固醇，還含有維他命B及多種礦物質。即使並非所有黃豆都以可持續發展方式種植，但其生產過程只排放少量溫室氣體，耗水量也是眾多牛奶替品中最少的，屬於比較環保的選擇。

Dairy-free milk is having a moment. Vegans, the lactose-intolerant and the sustainability-minded are using it for baking, smoothies and to add to tea and coffee. These are some of the milk substitutes you need to know  
植物奶成為一時風尚，深受素食者、乳糖不耐症患者及環保人士歡迎，可以用來烘焙糕點、做沙冰，以及拌咖啡或茶。以下介紹數款熱門的牛奶替代品

### Almond milk 杏仁奶

This milk takes on the taste of its source ingredient, the almond, which is simply blended with water. Nutty with a slight sweetness, it works well in tea, coffee, sweet treats and smoothies. It has fewer calories than cow's milk and boasts Vitamins D and E, though it's low in protein and contains phytic acid that can inhibit absorption of iron and other key minerals. In terms of its eco-friendliness, almond milk is the lowest emission option of dairy-free milks, and requires little land to produce, but uses the most water.



由杏仁和水攪拌而成，帶濃烈杏仁味，其果仁香氣和微甜非常適合用來拌茶和咖啡，或是用來做甜品和沙冰。杏仁奶卡路里低於牛奶，並含有維他命D和E，不過蛋白質較少，而且含有阻礙鐵質和其他主要礦物質吸收的植酸。在環保方面，生產杏仁奶涉及的溫室氣體排放量在各種植物奶中最低，佔地也少，可惜耗用最多水。

### Oat milk 燕麥奶

Increasing in popularity of late, oat milk is made by blending oats with water and then straining the resulting liquid to create a milk that's naturally sweet and close in flavour to the dairy original. Little land or water are required in its production and emissions are low, which makes oat milk one of the most environmentally sensible options. Studies have also shown that consumption of oat milk can lower cholesterol.

燕麥奶近年大行其道。先將燕麥和水一起攪拌，然後過濾雜質，餘下的燕麥水便可製成奶。它帶有天然的甜味，與牛奶味道相近。生產燕麥奶只需少量土地，耗水量和溫室氣體排放量也偏低，使它成為最環保的選擇之一。另外亦有研究指出，飲用燕麥奶有助減低膽固醇。



### Rice milk 米奶

Generally made from brown rice and with a natural sweetness to it, rice milk is the least allergenic of the dairy-free alternatives. It's produced from milled rice and water and contains no saturated fat, no cholesterol and is low in protein. In terms of the amount of land required in its production, it's the best option, but it has the highest emissions of non-dairy options and requires considerable amounts of water in its production.

米奶的原料是糙米，是低致敏度的植物奶。米奶一般是由磨碾過的米和水製造，帶有米的天然甜香，不含飽和脂肪和膽固醇，蛋白質含量亦較低。如果光以生產所需的土地面積計算，米奶是環保首選，但其溫室氣體排放量卻是眾多牛奶替代品之最，而且消耗大量的水。



### Coconut milk 椰奶

This rich milk is often found in curries and soup, but can also be used as a milk substitute. It's made by shredding the white flesh of a mature coconut, soaking it in hot water and then straining it. The resulting milk has a subtle coconut flavour and a creaminess that makes it a popular choice to use instead of dairy milk in tea and coffee. Among its health benefits, it is said to improve immunity, aid digestion and even be good for heart health. It's also lower in calories and fat than cow's milk, but has the lowest protein content of non-dairy milks.

濃郁的椰奶常用於烹調咖喱和湯，也可用作牛奶替代品。椰奶是把白色的椰子肉切絲，浸泡熱水，然後過濾而成。它質地濃滑，帶有淡淡的椰子香，因此許多人會用來拌茶和咖啡，代替牛奶。椰奶有益健康，據說可提高免疫力、幫助消化，甚至強化心臟。此外，其卡路里和脂肪含量較牛奶為低，但蛋白質含量也是眾多植物奶中最低。

# FEATURES



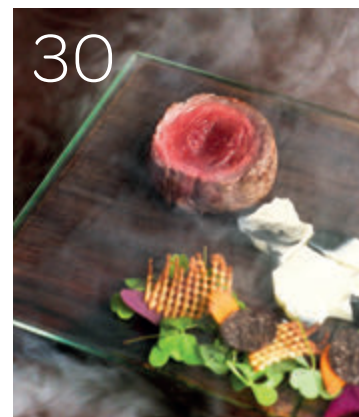
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14



Visionary chef Richard Ekkebus is back and ready to upend the establishment once more, bringing with him a new set of rules, a fresh approach to fine dining and pioneering practices to influence the industry. 高瞻遠矚的Richard Ekkebus回來了，一系列新的規則、對高級餐飲的新方向及影響業界的創新做法，將會再次顛覆現狀。 **By Rachel Duffell**

# Rebel with a cause 反叛有理

When chef Richard Ekkebus opened Amber in 2005, he turned the Hong Kong dining scene on its head. The fine-dining restaurant in the then-new Landmark Mandarin Oriental's featured French techniques but incorporated Asian ingredients. The food was exemplary, but it wasn't what people were used to and it took time for the restaurant to be embraced by the city's culinary connoisseurs. Eventually, however, many grew to love it and everything it stood for.

When Amber closed for extensive renovation in December 2018, it held two Michelin stars and could claim a high of third place on Asia's 50 Best Restaurants list. But, never one to rest on his laurels, Ekkebus had realised it was once again time for change – after all, nothing lasts forever.

"It has been a great success," says the chef, reflecting on his culinary journey with Amber. "But with success come questions: is this success going to be eternal or do we need to evolve according to the changing needs of guests?"

The new Amber more than answers that question. It may hark back to the boundary-pushing nature of its beginnings but reflects a marked transformation and demonstrates Ekkebus' ever-present drive to challenge the establishment and keep moving forward.

"I think there always needs to be a rebel," he says. "And within the [Mandarin Oriental Hotel] group, I'm always the rebel."

In May, a new Amber, complete with fresh, striking interiors, opened. But it is in the menu that Amber appears – at least at first – most transformed, eschewing as it does, dairy, gluten and refined sugar. However, much of this is not entirely new. Amber had in fact been reducing animal proteins for some time, serving only vegetarian and vegan canapés for the last

2005年，大廚Richard Ekkebus開設Amber，令香港餐飲業改轍易轍。這家位於置地文華東方酒店內的高級餐廳供應以亞洲食材炮製的法式佳餚，菜式堪稱典範，但那不是客人習慣的口味，城中老饕也一時之間未能接受，但不久後，Amber慢慢開始受到客人熱愛，其信念亦備受推崇。

為了進行翻新工程，Amber於2018年12月暫停營業，其時它已是米芝蓮二星餐廳，並且在亞洲50最佳餐廳排行榜上高踞第三位。可是，Ekkebus並未因此感到志得意滿而故步自封，他認為改變的時機已到——畢竟沒有東西可以永恆不變。

回想起Amber的美食旅程，他說：「餐廳很成功，但緊接著成功而來的問題是：成功能否持續下去？我們應否因應客人需要而改變？」

新的Amber不只是對上述問題的回應，也是餐廳的華麗轉身，重拾以打破界限為己任的初衷，並展示了Ekkebus不斷挑戰現狀和勇往直前的不變動力。

他說：「我想餐飲業需要反叛者，在文華東方集團內，我一直是反叛者。」

5月，新Amber換上漂亮的全新面貌再次開門營業，而初步看來，變化最大的似乎是餐單，所有菜式一律棄用奶類製品、含麩質的食材和精製白糖。不過，這其實也不是完全無跡可循。事實上，Amber多年前已開始減少使用肉類蛋白質，在餐廳停業前六年只供應素食和全素的法式薄餅，前八個月更拿走大部分菜式裡的奶類製品。Ekkebus表示：「我們其實是在餐廳重開時才突然說，這是新規定吧。以前並沒有這樣的明文規定。」

在Ekkebus眼中，這是「合理的演變」。他認為，考慮到客人的日常飲食需要，這只是順應客人需要而作出的改變。而廚師們並沒因此感到綁手綁腳，反而發掘出許多創新意念。

Aji, Wheatgrass,  
Celtuce, Kyuri and  
Virgin Line Seed Oil  
at Amber

Amber由鰻魚、小麥草、  
萵苣、日本青瓜和初榨亞麻  
籽油烹調的菜式







Opposite page: Chef Richard Ekkebus in the new kitchen at Amber

This page, from below left: Avocado, Lime, Sicilian Pistachio, Granny Smith and Thai Basil at Amber; the restaurant's new look

對頁：廚師Richard Ekkebus在Amber的新廚房裡的留影  
本頁左至右：Amber以牛油果、青檸、西西里開心果、青蘋果和泰國羅勒炮製的美食；全新裝潢的Amber



six years and, in the last eight months before the restaurant closed, practically eliminating dairy in most dishes. “It is just that when we reopened, we said, this now becomes the rule,” says Ekkebus. “It was not a rule before.”

Ekkebus sees this new direction as a “logical evolution”. Considering the dietary requirements of his guests he says that the approach was, at least in part, dictated by diner demand. And instead of being restrictive, the chef has discovered so much potential for innovation.

“All of a sudden, we’re working with new products that are pretty much unknown in most restaurants.” He cites enriched soya milk that can be whipped to a wonderful creaminess, deodorised coconut oil that replaces butter, and as many as 70 different plant-based extra virgin oils. “For a very long time I was using five to six oils, but when we started to identify all these different oils, it gave us all these opportunities that we have never explored, because we were so comfortable with our butter and our olive oil. I realised that I have been totally ignorant for my entire professional career. All these oils have properties or qualities that instead of taking something away actually bring something to a dish.”

Additionally, he’s been exploring other areas, from making his own tofu to embracing the diversity of the vegetable kingdom. “We want to show that vegetables are not boring and that the vegetable kingdom is one of the most exciting kingdoms in the world, especially if you compare it to the animal kingdom, which is extremely limited.”

Many of Ekkebus’ new parameters also tie into sustainability, which has long been a focus. As early as 2008 he was serving sustainably-sourced fish. Five years ago he stopped using plastic straws. And he recently established a water-bottling plant within the hotel to produce both still and sparkling water, negating any need to ship bottled water halfway around the world.

Amber’s reopening has seen further carbon-saving measures. Linen tablecloths have been removed to save on the emissions associated with laundry and replaced with beautifully designed tables. And then there’s the reduction in the use of animal products. While meat may still be on the menu – “we are not a vegetarian restaurant,” says Ekkebus, “and you cannot tackle all the problems in one go” – the elimination of dairy alone is significant. Amber was previously bringing in about 35,000kg of butter and cream every year. “Our aim is to work towards a much more carbon-neutral environment,” he says.

The sustainability ambitions also cater to a new generation of consumers, who are increasingly concerned with corporate practices. Ekkebus says he is constantly asked why he pioneers such initiatives: what does he gain? “It’s not what you gain,” he says, “it’s what you are going to lose, because the consumers of tomorrow are going to make their decisions based on how you operate socially. It is critical today. There’s a real problem and we all collectively need to make a change.”

It’s a message that Ekkebus hopes guests will take home from a dining experience at Amber. Hong Kong is one of the largest protein consumers



in the world. To highlight this point, plant-based dishes are presented with an explanation about Hong Kong’s extreme appetite for animal protein and how if the whole world ate like Hongkongers do, we would be in serious need of a second planet. “It’s a little bit of a scare tactic in a funny way. People smile at it but I hope they walk away saying yes, we need to eat less protein,” he says.

For all these changes, Amber remains a fine-dining establishment. “It’s still an experience of indulgence first,” assures Ekkebus, though he has tweaked the traditional fine dining model for the modern day, doing away with canapés and the excessive petit fours that at times accompany coffee to tighten up the dining experience, while also making

「突然間，我們需要利用在大部分餐廳幾乎聞所未聞的新食材。」他列舉多個例子，包括可以攪打成柔滑質地的濃郁豆漿、可代替牛油的脫臭椰子油，還有70多種初榨植物油。「我一直以來只使用五至六種油品，但當我們開始試用各種食用油後，才驚覺以前太安於採用牛油和橄欖油了，因此沒有去探索其他的可能性，我也因此明白到自己當廚師多年是多麼的無知。這些食用油各有特質，不只不會令菜式失色，反而會為佳餚增添風味。」

他也有探索其他領域，包括自製豆腐，採用各種各樣的蔬菜等。「我們想告訴大家，蔬菜其實並不沉悶。蔬菜界是全世界最有趣的界別，特別是跟種類有限的動物界相比。」

許多Ekkebus提出的新準則都跟他一直以來的關注息息相關，他早在2008年已開始採用符合可持續發展原則養殖和捕獲的魚類，五年前已停止提供塑膠飲管。近來，他更在酒店內設立濾水系統，自製有汽和無汽的樽裝水，讓酒店無須使用遠從世界其他地方運來的樽裝水。

重新開業的Amber有更多減低碳足跡的措施。餐桌不再鋪上枱布，而是換上漂亮的設計，以減低清洗枱布帶來的碳排放量。此外亦減少使用動物產品，最明顯的是不再採用奶類製品；昔日，Amber每年使用約35,000公斤牛油和忌廉。不過，餐廳仍有肉類菜式，Ekkebus解釋：「我們不是素食餐廳，也不可能一次解決所有問題……我們的目的是盡量減少碳足跡。」

可持續發展的經營模式也是對日益注重企業行為的新一代顧客的回應。Ekkebus解釋，他經常被問到為何要率先推動這些措施？會得到什麼好處？他說：「重點不是會得到什麼，而是會失去什麼，因為未來的顧客會根據公司願意承擔的社會責任而作出消費決定。這是真正的問題所在，我們要同心協力作出改變。」





it more playful, incorporating, for example, a trip for diners into the newly expanded and modernised kitchen for one course.

“Quality is not defined by quantity or by a preset connotation of what fine dining is. What we are doing now is where I see fine dining going. It’s not perfect yet and will continue to evolve,” he says. “When we feel that everybody is starting to copy us again, we will move on. It’s about staying ahead of the curve.”

Ekkebus admits he would like his sustainable practices to set an example in the industry, but his ambition is not necessarily to influence beyond

that. “The goal is to have a successful restaurant and to train high-quality staff members that go on to do their own thing. That’s the legacy of a successful restaurant, not how well you are copied,” he says.

Amber’s culinary alumni are already impressive: Maxime Gilbert, previously Amber’s chef de cuisine, runs two-Michelin-starred Écriture in Hong Kong, while Ekkebus’ former number two at Amber, Sidney Schutte, has received two Michelin stars for his restaurant Spectrum in Amsterdam. Another Amber alumnus, Stephanie Wong, recently founded French-Cantonese bistro Roots Eatery in Hong Kong.

With a proven track record of nurturing young chefs – and one that will likely expand as he recently joined ICI’s stable of Honorary Advisors – Ekkebus himself learnt from the best during his own years of culinary training.

The Dutch chef worked under Robert Kranenburg and Hans Snijders, Michelin pedigree chefs based in his native Holland. “It was Robert [Kranenburg] who, after I won a big competition, said to me, if you want to further evolve, you need to leave Holland and work in France under the big three-star chefs,” says Ekkebus, who followed this advice, working with French masters Alain Passard, Guy Savoy and Pierre Gagnaire.

None of this was by chance; Ekkebus singled each chef out. “I chose to work for these people and I did my utter best to be hired by them,” says



Ekkebus, who went so far, for example, as to completely familiarise himself with rugby in order to impress Guy Savoy, who is crazy about the sport.

“From Passard, I learned that it’s not about how many different ingredients you put on a plate – it’s about the product; it’s about the technique,” says Ekkebus of his experiences. “From Guy Savoy, I learned everything about teamwork. He was the only chef who had multiple restaurants and at the time that was quite new. I wanted to see how he did that. It was about seeing how to motivate people and make a large number of people follow you. With Pierre Gagnaire, I learnt that there are no written rules in gastronomy and that ultimately you need to follow your own instinct.”

It is perhaps Gagnaire’s influence that, to the outside world at least, appears to have been greatest. Ekkebus is certainly not one to follow the crowd but rather carves his own path to deliver a distinctive culinary philosophy and the accompanying cuisine and practices that support his particular vision.

Those who work under him take structure and discipline from the talented chef, as well as a desire to deliver the best that they can each day. What Ekkebus really strives for, though, is “to produce chefs who are motivated, to make them better citizens through all the crazy sustainable things we do, and to make them a different thinker.” Because thinking differently drives innovation and sparks revolution. 🍴

*Opposite page, from far left: Aka Amadai, Langoustine, Lardo di Collanata, Myoga and Sake Lees at Amber; the restaurant’s more contemporary interiors, by designer Adam D. Tihany*

對頁左至右：Amber以紅甘鯛、小龍蝦、意大利鹽漬肥豬肉、茗荷和酒粕炮製的菜式；餐廳由Adam D. Tihany設計的當代佈置

Ekkebus希望客人在Amber用餐完畢後可以記住餐廳想帶出的訊息。香港人消耗的肉類在全球數一數二，要說明這點，我們在供應素食菜式時，會同時解釋香港人有多喜歡吃肉——如果全球的人也像香港人那樣吃肉的話，人類很快就需要移民到第二個星球。他說：「這是帶點威嚇成分而又有趣的手法，客人通常笑對這個訊息，但我希望他們離開餐廳時會說：好，我們會減少吃肉。」

不過，Ekkebus保證，Amber雖然作出種種改變，但依然是一間高級餐廳。「仍然以為客人提供頂級佳餚為首要目標。」它只不過是摒棄高級餐廳的傳統模式，將之現代化，棄掉許多時候都會跟咖啡一起共同營造完整用餐體驗的前菜和小蛋糕，換上更有趣好玩的方式，譬如如是到擴充後的廚房享用其中一道菜式等。

他說：「品質跟數量和高級餐飲的固有定義無關。餐廳現時的模式是根據我預見的高級餐飲趨勢而擬訂，目前雖然未臻完美，但會繼續演進。當我們覺得Amber再次成為大家的抄襲對象時，我們會再次啟程，帶領潮流。」

Ekkebus承認，他希望自己可持續發展的經營模式可以成為業界的典範，但這並不代表他希望自己擁有更大的影響力。他解釋：「我的目標是經營一家成功的餐廳，訓練優秀的員工，讓他們可以獨當一面。那才是成功餐廳的遺產，成為別人的抄襲對象一點意義也沒有。」

出身Amber的廚師名單可謂星光熠熠：前菜式主廚Maxime Gilbert現時在香港經營米芝蓮二星餐廳Écriture，Ekkebus的前副手Sidney Schutte在荷蘭的餐廳Spectrum也獲得米芝蓮二星評級，另外曾在Amber工作的Stephanie Wong最近亦在香港開設法粵小餐館Roots Eatery。

Ekkebus培養後進的成績非凡，近年擔任國際廚藝學院榮譽顧問的決定也是進一步作育英才的舉措，他自己在學廚時期也曾從頂尖的廚師身上獲益良多。

這位荷蘭大廚曾在米芝蓮星級名廚Robert Kranenburg和Hans Snijders麾下工作。他憶述：「Robert在我贏得烹飪大賽後對我說，如果想不斷進步，就要離開荷蘭，到法國跟隨鼎鼎有名的米芝蓮三星大廚學習。」他聽從建議，加入Alain Passard、Guy Savoy和Pierre Gagnaire三位法國名廚的團隊。

Ekkebus刻意挑選三位大師，他說：「我決定要跟從他們工作，於是盡一切努力希望受聘於他們。」他誇張到為了博取體育狂迷Guy Savoy的好感而熟習欖球知識。

談到那些經驗時，他說：「我從Passard那裡學到，用多少不同的食材不是重點，食材品質和技巧才是關鍵。Guy Savoy則教會我，團隊合作的重要；他是唯一擁有多間餐廳的廚師，這在當時是相當罕見的，我想親眼看看他是如何做到的，他是如何激發其他人，如何讓一大班人願意跟隨他。而在Pierre Gagnaire身上，我學到烹飪並沒有一本通書，你最終需要相信自己的直覺。」

在外界看來，Gagnaire對Ekkebus的影響似乎最大。他絕對不會隨波逐流，而是喜歡開創自己的道路，實現其獨特的烹飪哲學，建立符合其視野的烹調和經營模式。

在Ekkebus手下工作的人會從這位才華橫溢的廚師身上學會組織和紀律的重要，並會每天督促自己克盡全力。Ekkebus真正想達到的卻是「訓練出積極進取的廚師，透過我們種種的可持續發展措施讓他們變成更好的公民，培養他們不一樣的思考方式。」因為不同的思維可以推動創意和激發反叛行為。 🍴



Fuelled by an abundance of wild ingredients and respected age-old techniques, innovative chefs are driving revolution in the often-overlooked cuisines of Eastern Europe. 創意非凡的廚師們善用豐富的野生食材和歷史悠久的烹調技巧，為改革備受忽視的東歐菜添柴加薪。By Kee Foong

# Rising in the east

煮氣東來



Cabbage Stalk, Scallop  
Muscle and Fermented  
Honey at Selfie  
Selfie的捲心菜莖、帶子  
和發酵蜜糖





It would be fair to say that Eastern European cuisine rarely figures at the top of favourite cuisine lists. As a region, it’s more difficult to define than the Mediterranean or Scandinavia. Historically a geopolitical hot potato, its territory has been fought over, invaded and occupied, with borders redrawn over the centuries.

According to the United Nations Statistics Division, Eastern Europe includes Belarus, Bulgaria, Czechia (aka Czech Republic), Hungary, Poland, the Republic of Moldova, Romania, Russia, Slovakia and the Ukraine. The Baltic states of Estonia, Latvia and Lithuania are often included. And for many, the region is defined by the communist-era Soviet Union, or USSR, to which several of the above countries belonged until the union’s collapse in 1991. They were bleak times, not just politically and economically, but gastronomically, when a bland uniformity of peasant and proletarian food was the norm.

Anatoly Kazakov, of Selfie restaurant in Moscow, says that “in the USSR, any kind of connoisseurship was discouraged. Food was considered only as fuel for the body.” Polish chef Dawid Balana adds: “it was one of the most tragic and dark times in our history, including our culinary history.”

東歐菜不是大受歡迎的料理，此話雖不中亦不遠矣。相比起地中海和北歐，東歐比較難定義。歷史上，這地區幾個世紀以來一直是燙手山芋，歷經戰爭、侵略、佔領等，國家之間的疆界重劃又重劃。

根據聯合國統計部門的劃分，東歐包括白俄羅斯、保加利亞、捷克、匈牙利、波蘭、摩爾多瓦、羅馬尼亞、俄羅斯、斯洛伐克和烏克蘭。另外，波羅的海三國愛沙尼亞、拉脫維亞和立陶宛也通常被納入東歐。在許多人眼中，這地區以共產主義時期的蘇聯或蘇維埃社會主義共和國最為人熟悉，前面提到的國家，許多都是1991年因為蘇聯解體而獨立出來。那時候的東歐，不只是政治和經濟，就連烹飪文化也給人一片荒涼的感覺，盡是乏味的窮鄉和無產階級菜式。

莫斯科餐廳Selfie的大廚Anatoly Kazakov表示：「在蘇維埃時期，政府不鼓勵任何形式的享樂，食物只被視為身體所需的燃料。」波蘭廚師Dawid Balana亦補充：「那是我們歷史上，包括烹飪歷史，最可悲和黑暗的時期。」

Once thought of as heavy and stodgy, the reputation of Eastern European cuisine is improving, however, with a new breed of chefs cooking up a storm in some of the most exciting restaurants to be found in Europe. According to Mārtiņš Sirmāis of 3 Pavāru Restorans in Latvia, “things changed dramatically after the collapse of the Soviet Union. The shift was radical – from planned economy and starving people eating basic food, to the tough times of the 1990s. Now we are a region that is proud of its heritage and wild ingredients, cooking and preserving techniques.”

Like other regions, Eastern European cuisine reflects a plurality of food and cooking styles influenced by its people, culture, climate and geography. Seasons are important. Many areas endure harsh winters, especially in the north, making it difficult to grow produce several months of the year. Preserving, pickling, curing, fermenting and salting is common. Hearty stews and soups are a staple. Come spring and summer however, produce – fruit and vegetables in particular – is plentiful and the dishes lighter.

Expanses of forests, farmland, rivers, lakes and seas provide meat and wild game, grains and seafood. Mushroom and berry-picking is a popular pastime. Dairy features prominently – cheese, cream, butter, milk – as does bread made from rye and sourdough. Sourness is a prized flavour, and is often combined with sweetness. The best restaurants of today harness the region’s bounty, pay respect to tradition, and are taking the cuisine forward.



不過，東歐烹飪已慢慢擺脫沉重而枯燥乏味的過去，新一代的廚師部分已躋身歐洲最有趣的餐廳，備受關注。根據拉脫維亞餐廳3 Pavāru Restorans大廚Mārtiņš Sirmāis所說：「蘇聯倒台後，情勢急速轉變，由計劃經濟和只能靠基本食物維生的匱乏歲月，進入1990年代的艱難時期。現時，我們對自己的傳統、野生食材及烹調和保存食物的方法引以為傲。」

東歐菜式跟其他地區的菜式一樣，受到不同民族、文化、氣候和地理的影響，形成豐富多元的美食和烹飪風格。季節對東歐菜式影響極大，部分地區，特別是北部，冬天非常嚴寒，一年之中有好幾個月無法耕種，因此以醃漬、熟成、發酵和鹽醃等方法保存食物非常普遍，濃郁的燉菜和湯在冬天大行其道。不過到了春、夏季，蔬果等農產豐收，菜式會變得較為清淡。

廣袤的森林、農地、河流、湖泊和大海為這地區的人提供肉類、野味、穀物和海鮮。採摘菇菌和莓果是這裡甚受歡迎的消閒活動。芝士、忌廉、牛油和牛奶等奶類製品，以及黑麥酸種麵包均非常流行。這裡的人特別喜歡酸味，食物通常會甜中帶酸。今天，區內的頂級餐廳均善用本地豐富的物產烹調佳餚，菜式向傳統致敬之餘，亦不忘與時並進。

**Opposite page:**  
Venison “montage”,  
Duck Ravioli, Celeriac  
and Chervil at Onyx  
**This page, from top:**  
Shrimp Snack at 3  
Pavāru Restorans;  
Chef Anatoly Kazakov  
of Selfie

**對頁：**Onyx的鹿肉卷伴  
意式鴨肉餃子、芹菜頭與  
香葉芹  
**本頁上至下：**3 Pavāru  
Restorans的蝦小吃；  
Selfie大廚Anatoly  
Kazakov



## Russia

As the largest country in the world, at 17 million square kilometres, Russia dwarfs the rest of Europe. It stretches east to China, and north into the Arctic circle, encompassing extremes in terrain. “Russia is the land between Europe and Asia, so our cuisine has a strong touch of both,” says Vladimir Mukhin, Executive Chef at White Rabbit in Moscow, ranked number 15 on The World’s 50 Best Restaurants list 2018. For example, *pelmeni* (dumplings with meat), a classic Russian dish, originated from China and arrived via the ancient Silk Road.

Mukhin’s mission is to bring the true taste of Russia to diners. “For this reason I travel and gather forgotten recipes and then come back to Moscow to my laboratory to reinvent them. My methods are modern – for example I use a Rota Val rotary valve machine to cook one of my signature soups, cold beetroot soup with cherry, or whip butter in a centrifuge, but the food I create has the same taste as it did in the past.”

According to Mukhin, every region has its specialities, though some such as *Borodinsky* bread, made of rye flour, malt, molasses, sourdough and coriander seeds, can be found everywhere. Hot and savoury soups, including *solyanka*, made of beef, and borscht, a beetroot soup that the Ukraine claims as its own, are important in any meal. Importantly, “the taste of the dishes may be sweet, may be sour, but never bitter,” says Mukhin.

For rising star chef Anatoly Kazakov, of Selfie in Moscow, Russian food culture reminds him more of Scandinavia than Eastern Europe. “We consume a lot of preserves, fermented vegetables, dried mushrooms, berries and fruits, cereals and roots.”

He observes that Russian cuisine has evolved quickly in the last 10 years, especially in big cities such as Moscow and St Petersburg. As more people travel and develop greater understanding of gastronomy, they increasingly seek out light, healthy and elegant dishes, which restaurants such as White Rabbit and Selfie offer. “Sustainability is key to my cuisine,” says Kazakov. “What’s growing near me is cheaper and fresher than imported goods. In Selfie, we have 17 small suppliers – farmers, fishermen and hunters who provide us with meat, fish, game, fruits, vegetables and herbs,” everything he needs for his kitchen, sourced locally.



This page, from left: Cod Neck and Pickled Turnip at Selfie; Sea Urchin Caviar, Potatoes and Tangerines at White Rabbit

本頁左至右：Selfie的鱈魚頸肉配醃大頭菜；White Rabbit的海膽魚子醬配薯仔和橘子



This page, from top: Inside at White Rabbit; the restaurant’s chef Vladimir Mukhin

本頁上至下：莫斯科餐廳White Rabbit的室內裝潢；餐廳大廚Vladimir Mukhin



“Russia is the land between Europe and Asia, so our cuisine has a strong touch of both

俄羅斯位處歐亞之間，因此菜式同時受到兩個大洲影響”

– Vladimir Mukhin

## 俄羅斯

俄羅斯是全球最大的國家，面積達1,700萬平方公里，其他歐洲國家在它面前都顯得細小。它東接中國，北鄰北極圈，涵蓋多個極端地形。莫斯科餐廳White Rabbit在2018年的全球50最佳餐廳排行榜上位列15，其行政總廚Vladimir Mukhin表示：「俄羅斯位處歐亞之間，因此菜式同時受到兩個大洲影響。」其肉餃pelmeni就是好例子，這道經典的俄羅斯菜式其實是經古絲綢之路由中國傳入。

Mukhin矢志為客人炮製真正的俄羅斯味道，他說：「為了這個原因，我周遊全國收集已失傳的食譜，然後回來我在莫斯科的實驗室重新創造這些菜式。我的烹飪方法其實十分現代化，包括用迴轉閥機烹調拿手菜凍車厘子紅菜頭湯，或是用離心機打牛油等，但我會確保菜式保留昔日的味道。」

Mukhin表示，每個地區都有自己的特別菜式，但同時也有通行各地的食物，例如以黑麥粉、麥芽、糖漿、酸種和芫荽籽做的麵包Borodinsky。熱騰騰的湯如由牛肉烹調的solyanka，以及烏克蘭人稱是他們發明的紅菜頭湯，都是每餐必備的菜式。重要的是，「菜式可能是甜的，也可能是酸的，但永遠不會是苦的。」Mukhin如是說。

莫斯科餐廳Selfie的新晉大廚Anatoly Kazakov則認為，俄羅斯的飲食文化比起東歐，其實更接近北歐，「我們有許多醃漬和發酵的蔬菜，乾菇菌、莓果和水果，以及穀物和根莖類。」

他發現俄羅斯菜在過去十年正急速轉變，特別是在莫斯科和聖彼德堡等大城市。因為越來越多人到過其他國家旅行，對美食的了解增加，於是漸漸開始尋找清淡、健康和雅致的菜式。White Rabbit和Selfie正是供應這類菜式的餐廳，Kazakov說：「我非常重視可持續發展，而且附近地區種植的東西比入口食材便宜和新鮮。Selfie有17家小型供應商，他們包括農夫、漁民及獵人，為我們提供禽畜肉類、魚肉、野味肉、蔬果和香草等。」他採用的所有食材都來自本地。







### 波蘭

歷史上，波蘭歷經被侵略者和暴君統治的劫難，尤其是在20世紀。

不過，餐飲集團Main Square Hospitality Group行政總廚Dawid Balana卻非常樂觀，他相信現在的波蘭和東歐菜式已經趕上10至15年前的北歐。MainSquare現時在前波蘭首都克拉科夫經營數家頂級餐廳，包括米芝蓮推介的Kogel Mogel。

Balana說：「波蘭人開始以自己的傳統、歷史和根源為榮。我們有肥沃的土壤、溫和的氣候，因此能夠出產各種各樣的食材和農產，供應我們所需。」

他指出在16世紀時，波蘭是世界強國，入口許多當時的奢侈品，如番紅花、胡椒、麝香葡萄、柑橘、杏仁等等。加上波蘭與多國接壤，因此亦引入猶太、烏克蘭、俄羅斯、白俄羅斯、立陶宛和韃靼等民族的菜式，發展出兼收並蓄的烹飪文化，「菜式、烹飪技巧和食材均異常豐富」。

Balana認為，水煮或輕煎餃子pierogi、濃郁的發酵穀物湯żurek、由德國酸菜和雜肉燉煮的bigos及波蘭香腸kiełbasa都是值得嘗試的經典波蘭菜。他又建議以上好的krupnik佐膳，這種由穀物釀製的香料蜜糖酒有波蘭伏特加之稱。

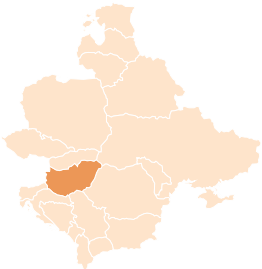
駐港波蘭領事Miroslaw Adamczyk會用季節來劃分故鄉的美食，他說：「春天的食物講究新鮮，有許多蔬菜苗、蘆筍和大黃蛋糕；夏天是水果的季節，有各種莓果、豆類、雞油菌和怡人的紅菜頭葉忌廉冷湯。」秋天菇菌當道，冬天是他心目中大啖德國酸菜燉肉的最佳時間。然而，不管是哪個季節，他都建議「大家的胃部一定要給麵包、芝士、香腸和餃子預留一點空間。」

**This page, from top:** Chef Dawid Balana; a fish dish served with sour cream and caviar; and Potato, Sour Cream and Truffle, both at Kogel Mogel

**Opposite page, from left:** Amuse bouche at Onyx; the dining room at Onyx

本頁上至下：廚師Dawid Balana；Kogel Mogel的煎魚配酸忌廉和魚子醬；以及薯仔、酸忌廉與黑松露

對頁左至右：Onyx的精緻小點；以及用餐區



### Hungary

If there's one ingredient that is identified with Hungarian cooking, it's paprika. Although originally from Central America, the Hungarians have successfully cultivated it for centuries.

Ádám Mészáros, Executive Chef at Onyx in Budapest, the first restaurant in Eastern

Europe to attain two Michelin stars, says “paprika is the key ingredient in every Hungarian home. We use sweet paprika powder to enhance the unique taste of many of our traditional dishes, and it gives a nice colour to the plates – you can recognise these typical dishes instantly.” These include *pörkölt* (beef stew) with *galushka* (mini dumplings), goulash soup, stuffed cabbage, chicken paprika, stuffed paprika and bean soup with pork knuckles.

Onions and garlic are also essential to Hungarian cooking, while bay leaf, thyme, tarragon and dill appear regularly. Dairy, including cottage cheese and sour cream add a rich twist to traditional dishes. Mészáros says that Hungarian food is “characterised by delicious richness,” perhaps best exemplified by prized goose liver and duck liver, which is served at Onyx on specially handmade plates by renowned Hungarian porcelain maker Herend.

Mészáros describes his style of cooking as “honest”. He mixes a deep respect for tradition with a progressive approach to cooking, based on the best Hungarian ingredients. “I like to discover and get these from those Hungarian farmers, whom I have gotten to know, and we work together in harmony.” Tradition and innovation inspire his two tasting menus, which “leave behind stereotypes without abandoning our national roots.”

Hungary has a long winemaking tradition, with diverse regions that include world-famous Tokaj, Villány and Eger. Mészáros is keen for diners to enjoy Hungarian wines, and offers wine pairings with the restaurant's tasting menus, “so they get to know our wineries and grape varieties with the guidance of our great sommeliers.”



### 匈牙利

如果要用一種食材來概括匈牙利菜，那就是紅辣椒。雖然它原產於中美洲，但匈牙利人幾百年前已成功將它移植。

位於布達佩斯的Onyx是東歐首間米芝蓮二星餐廳，其行政總廚Ádám Mészáros說：「紅辣椒是匈牙利菜的主要材料，我們會用甜的紅辣椒粉提升許多傳統菜式的味道，它也可以令菜式的顏色更漂亮——你可以馬上看出哪些菜式有用紅辣椒粉。」它們包括有燉牛肉pörkölt伴迷你餃子galushka、牛肉湯goulash、釀捲心菜、紅辣椒雞、釀紅辣椒和豬手豆湯。

洋蔥和蒜頭也是匈牙利料理的必要食材，月桂葉、百里香、龍蒿和蒔蘿也很常用，奶類製品如農家芝士和酸忌廉等則可以令傳統菜式更濃郁。Mészáros指，匈牙利食物「以美味濃郁見稱」，眾口稱譽的鵝肝和鴨肝就是最好的例子：Onyx會用匈牙利陶瓷品牌Herend以人手特別精製的碟子盛載鵝肝和鴨肝。

Mészáros以「真誠」來形容他的烹飪風格，他對傳統極之尊敬，但同時也會利用先進的烹飪方法，並採用最好的匈牙利食材。「我喜歡發掘並從我認識並合作愉快的農夫那裡獲得這些食材。」他的兩份嚐味餐單同時包含傳統與創新的元素，「保留民族根源但不會掉入陳舊的框框」。

匈牙利有悠久的釀酒傳統，並有多個釀酒區，包括世界知名的Tokaj、Villány和Eger。Mészáros非常鼓勵客人嘗試匈牙利酒，其嚐味餐單也提供佐餐美酒。「如此一來，他們就可以在我們優秀的侍酒師引領下，認識我們的酒莊和葡萄品種。」



This page, clockwise from right: Inside at NOA; chef Mārtiņš Sirmāis prepares the table for the bread course at 3 Pavāru Restorans; Beef Carpaccio at NOA ; chef Justinas Misius of Sweet Root

Opposite page: Green Asparagus at 3 Pavāru Restorans

本頁右圖起順時針：NOA的室內裝潢；3 Pavāru Restorans廚師Mārtiņš Sirmāis正在準備用來展示麵包的餐桌；NOA的意式薄切生牛肉；Sweet Root大廚Justinas Misius

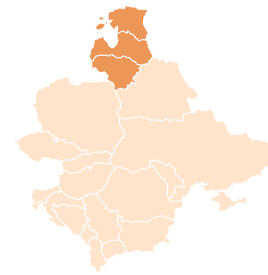
對頁：3 Pavāru Restorans的綠色蘆筍



“Our identity in food is not reflected in fancy names or gourmet ingredients, but in pure and rustic dishes

我們的特色是菜式質樸，不會取花巧的名字或使用高級的食材”

– Justinas Misius



## Baltic States

More geopolitical grouping than formal alliance, the Baltic States of Estonia, Latvia and Lithuania nonetheless have much in common, including borders and coastline along the Baltic Sea.

Tõnis Siigur, Executive Chef at NOA Chef’s Hall, regarded as the best restaurant in Estonia by the prestigious White Guide, nominates conservation as the main characteristic of Estonian cuisine. With significant variation between and within seasons, and long spells of cold weather, food preservation occurs “in every possible way. All that we can harvest, we can also marinate, ferment, smoke, salt, acidulate – you name it, we do it.”

His cooking style is clean and minimalist, combining French technique with a Nordic aesthetic. With half of Estonia given over to forest, Siigur praises the “many unique Nordic ingredients hidden within it. These authentic and ecologically pure ingredients are sadly something we see less and less in the world’s cuisine.”

Across the border in Latvia, forest also covers more than half the country. It feeds into the cuisine, which utilises wild ingredients such as herbs, berries and mushrooms. Chef Mārtiņš Sirmāis, of innovative 3 Pavāru Restorans in Riga, is also a fan of dairy. One of his signature dishes, oven baked-colostrum with cinnamon, uses a milky fluid derived from mammals.

In Lithuania, Justinas Misius from Sweet Root, says it’s not so much the ingredients that are different, but the way in which they are used, for instance, cucumber and honey, blueberries and milk, tomatoes and sour cream, and lard and apple. “Our identity in food is not reflected in fancy names or gourmet ingredients, but in pure and rustic dishes.”

Misius, who only uses local ingredients, has to work with what nature sends him. “Our short seashore doesn’t offer much fancy seafood, so most of our fish (water-sprats, eel, lamprey) comes from lakes and rivers. When we want to put something luxurious on our plates we usually head to the forests,” where there are moose, wild boar, wild strawberries, cloudberries, cranberries, blueberries, ramson, as well as a wealth of edible mushrooms. “We are said to have at least 303 of those,” says Misius who finds plenty to bring to the table. 🍄



## 波羅的海諸國

愛沙尼亞、拉脫維亞和立陶宛因為地理位置而常常被合稱為波羅的海三國，實際上並不是正式的聯盟。不過儘管如此，三國之間有不少共通點，包括擁有相同的疆界，以及都是波羅的海沿岸國家。

獲北歐知名餐廳指南White Guide譽為愛沙尼亞最佳餐廳的NOA Chef’s Hall由Tõnis Siigur擔任行政總廚，他認為以各種方法保存食物是愛沙尼亞菜的特色。愛沙尼亞菜在季節之間甚至在同一季節內都有明顯的差異，而由於寒冷的日子甚長，以各種方法保存的食物「無處不在，任何農作物都可以用醃漬、發酵、煙燻、鹽醃、酸化等各種方法處理。」

他的烹飪風格結合法國烹調技巧和北歐美學，乾淨簡單。森林佔去愛沙尼亞一半以上的土地，Siigur很高興地指出，「森林裡可以找到許多獨一無二的北歐食材，但很可惜這些原始、由大自然孕育的食材在世界各地的菜式中越來越少見。」

毗鄰愛沙尼亞的拉脫維亞也有超過一半的土地被森林覆蓋，而且同樣喜用森林裡找到的食材如香草、莓果和菇菌等入饌。充滿創意的3 Pavāru Restorans餐廳位於首都里加，負責掌廚的Mārtiņš Sirmāis也非常喜歡用奶類製品烹調美食，他其中一道招牌菜式焗肉桂初乳，便採用哺乳類動物的奶汁。

在立陶宛，Sweet Root餐廳的大廚Justinas Misius表示，三地的食材分別不太，但使用方法卻相距甚遠。以黃瓜和蜜糖、藍莓和牛奶、番茄和酸忌廉及豬油和蘋果為例，「我們的特色是菜式質樸，不會取花巧的名字或使用高級的食材。」

Misius只用本地食材，根據大自然所賦予的東西進行創作。「我們的海岸線很短，海產不太豐富多樣，魚獲（西鯡、鰻魚、七鰓鰻）大部分來自江河或湖泊。當想用奢華的食材時，我們通常會進森林裡找。」那裡有駝鹿、野豬、野生士多啤梨、雲莓、紅莓、藍莓、熊蔥以及各種各樣的可食用菇菌。「聽說森林裡至少有303種菇菌。」不愁食材不夠多樣化的Misius如是說。🍄



Smoking is on the rise – the kind that takes place in the kitchen, that is – with meats, fish, vegetables, and even fruits benefiting from this age-old, flavour-enhancing craft. 煙燻食物捲土重來，不管是肉類、魚類，還是蔬菜和水果，均受惠於這種能夠提升食物味道的古老烹調技巧。

By Mamie Chen

# Smoke signals

## 燻芳撲鼻

Partway through the dinner service at Uwe, a glass dome-covered dish is presented to the table. Smoky tendrils swirl and whirl within, enshrouding the thin slices of beetroot in a billowing, white cloud. This last moment of saturation in smoke from smouldering sprigs of rosemary, thyme and oregano is the final step in chef Uwe Opocensky's preparation of his beetroot bresaola, following eight hours of hot smoking with the same selection of herbs and cedar wood. With a small flourish, the cloche is lifted to allow the smoke to escape and waft around the guests with a dash of visual and olfactory flair.

Though smoky, herbaceous flavours are fully absorbed by the beetroot during the lengthy hot smoking process, Opocensky says that it would take a very refined nose and palate to perceive and distinguish between the different layers of flavour. While the final bit of smoking under the glass dome doesn't actually infuse any additional flavour into the beetroot itself, it does intensify the aromas emanating from it. If he can bring the aromas fresh to the table, then he can better explain the story around the dish. And that enhances the dining experience as a whole.

It is a story that Opocensky has occasionally revisited in his career, always with stunning results, from the tableside-smoked salmon and caviar that quickly became a signature dish while he was executive chef at the Mandarin Oriental, Hong Kong, to the grilled rib-eye cap, or calotte, served on a charred and still smoldering cedar plank at Uwe.

晚餐吃到一半，侍應端上一道用玻璃罩蓋著的菜式，罩內煙霧裊繞，翻騰的白煙包圍著幾片薄薄的紅菜頭。這道風乾紅菜頭是由Uwe餐廳大廚Uwe Opocensky精心炮製，首先以迷迭香、百里香、牛至及雪松木的煙熱燻八小時，最後在上桌前再次讓紅菜頭片「浸泡」在由上述三種香草悶燃產生的白煙裡。侍應有點像表演似的打開玻璃罩，白煙隨即逃竄，飄過客人身邊，帶來一陣視覺與嗅覺的享受。

紅菜頭經過長時間的熱燻後，雖然已吸飽煙燻味和香草的味道，但Opocensky說只有嗅覺和味覺非常靈敏的人才能辨別當中不同層次的味道。最後在玻璃罩內的煙燻過程其實不會為紅菜頭添加更多味道，但是可以令菜式聞起來更香濃。他認為，如果能夠將香味「新鮮熱辣」地帶到桌上，可以加深客人對菜式的了解，從而提升整體的晚餐氣氛。

Opocensky不時重用這種烹調技巧，每次都會大獲好評，不管是在香港文華東方酒店擔任行政總廚時的招牌菜式——在餐桌旁進行煙燻的三文魚和魚子醬，還是Uwe放在冒煙的雪松木炭上一起上桌的烤上蓋肉牛扒。

WILL HOROWITZ IMAGE BY GABI PORTER



Organic beetroot, cured, smoked, and dried, with local rose hips, wild flowers, beetroot “leaves and butterflies”, and local wild pepper leaves at Uwe

Uwe供應的煙燻及乾製有機紅菜頭配本地玫瑰果、野生鮮花、紅菜頭「葉和蝴蝶」及本地野生椒葉





他說：「現時煙燻食物已帶有炫耀和視覺表演的成分，但於我而言，最重要的還是深植於我們記憶裡的煙燻味，我一直很喜歡利用這種味道，嘗試喚起大家對這種熟悉的味道和香氣的記憶。」

事實上，可有其他味道比煙燻味更原始的呢？在人類歷史中，曾經所有食物都是放在柴火上烤熟，或是用煙燻來延長魚和肉類的保存期。煙燻食物的香味仍然殘留在我們從遠古祖先承傳下來的記憶裡，一有機會就會復甦。

Opocensky表示：「我非常喜歡這種傳統、古老的烹調方法。」他同時也指出：「這個重新流行的古老技巧變得更精巧細緻。」而這是他樂見的。

暢銷書《Smoked》作者Charlotte Pike也留意到這種被遺忘的古老技巧重新受到烹飪界青睞。她表示：「許多餐廳和家裡的大廚都再次採用這個傳統烹調技巧，並以這種方法炮製現代菜式。」

煙燻的成功關鍵在於事前的食材準備，基本上包括用鹽醃製、浸漬和乾製等步驟，藉此迫出食材裡多餘的水分，然後將食材擦乾甚至風乾。Pike解釋，煙的粒子只會依附於乾的表面。

昔日，煙燻的主要目的是為了保存食材，因此會以濃煙燻製，時間亦比較長，務求讓更多煙粒子依附在食材表面，形成一層保護膜，防止細菌的侵害。然而隨著雪櫃和防腐劑的發明，煙燻的目的已變成為食物調味。因此，使用的煙會比較淡，只集中為食材加添味道。

“There is the showmanship and the visual aspect to food smoking nowadays,” he says. “But for me, the smell is the most important thing. That smell of smoke sits very deep within our memory banks. I always like to play with that, bringing familiar flavours and aromas a little more forward.”

Indeed, is there anything more primevally evocative than the smell of smoke? At one point in human history, all cooking was accomplished over a wood fire. And smoking was used as a way to extend the shelf life of meat and fish. The scent of smoked foods remains lodged within our ancestral memories, ready to be triggered.

I’m a big fan of the old, traditional way of cooking,” says Opocensky. He also recognises that “there is a refinement to the old techniques of food smoking that has made a renaissance.” And of that, he is an unapologetic practitioner.

Charlotte Pike, bestselling author of *Smoked* also sees a revival of the forgotten skills taking place in the culinary world. “There are a lot of professional chefs and home cooks who are revisiting the skills and techniques of the traditional ways of food preparation and are translating them into modern recipes,” she says.

There is a refinement to the old techniques of food smoking

這個重新流行的古老技巧變得更精巧細緻

– Uwe Opocensky

The key to success lies in properly preparing the ingredient for smoking. Generally that means first salting, brining or curing to draw out excess moisture, and then blotting or even air-drying it. The dry surface, Pike emphasises, is what the smoke particles will adhere to.

In the past, when food preservation was the primary reason for smoking, ingredients were heavily smoked so more smoke particles would adhere to the pellicle and help form a tacky outer layer that acted as a protective barrier against deadly bacteria. With the advent of modern refrigeration and preservatives, food smoking today is mainly undertaken for the purpose of flavouring. Consequently, the smoking can be done with a lighter touch and with a focus on complementing the flavours of the ingredients.



**Opposite page:** Restaurant interior at Uwe in Hong Kong

**This page, from top:** Chef Uwe Opocensky; Beef calotte, cooked and served over smoked cedar wood, with truffle, cauliflower, sorrel, and potatoes at Uwe

**對頁：**香港Uwe餐廳的室內陳設

**本頁上至下：**廚師Uwe Opocensky；Uwe用雪松木煙燻烹調的烤上蓋肉牛扒配松露、椰菜花、酢漿草和薯仔，並以冒煙的雪松木盛著上桌



“It really is all about the flavour,” says Pike. “The flavour of the smoke varies enormously depending on the material that is used to generate the smoke and the ingredient that it is paired with. So there are endless permutations and possibilities of flavour.”

There are no hard and fast rules to the combinations, but broadly speaking, stronger flavoured hardwoods like hickory and mesquite pair better with stronger flavoured ingredients like red meats. And poultry and fish tend to pair better with less distinctively flavoured hardwoods such as alder, or even herbs, hay or tea. She suggests playing with materials like charcoal, seaweed, rice and sugar, or a mix of different materials. The only definite no-nos are soft, resinous woods like pine, spruce, and other evergreens, for risk of harmful effects from the burning of tar and resins.

Then it is simply a matter of experimenting with the flavour combinations and with the smoking times and tailoring them to fit personal tastes. “You might find that the flavour is too heavy or too light, depending on the desired outcome that you wanted to achieve,” she says. “But in terms of achieving success in actually smoking an ingredient, it is a relatively straightforward endeavour.”

Pike believes that smoking is a near-universal flavouring agent, and her cookbook runs the gamut from smoked fish and meat to dairy, vegetables and salt. The one category that she doesn’t explore is smoked fruit.

Fortunately, smoked fruit is just one of many areas which Will Horowitz, the wildly innovative executive chef and co-owner of Ducks Eatery and Harry & Ada’s Meat and Supply Co. in New York City and author of *Salt Smoke Time*, has spent a significant amount of time experimenting with and perfecting.

“Smoking fruit has been incredible for us,” he says. “It’s unusual for people to bite into a vegetable-based burger or sandwich and have it be juicy enough to replace that great mouthfeel of fat and moisture that you find in a beef-based burger. But working with fruit, we’re able to do that.”

*This page, from left: Charlotte Pike’s best-selling book, **Smoked**; the author in the kitchen*

本頁左至右：Charlotte Pike的暢銷書《Smoked》；在廚房裡工作的Pike



Pike說：「重點是味道。煙燻味道會受到製造煙的材料和配搭食材的影響，可以有數之不盡的組合和變化。」

配搭方面沒有簡單直接的規則可循，大至上味道強烈的硬木如山核桃木和豆科灌木適宜配搭味道較濃的食材如紅肉，雞肉和魚類則比較適合搭配味道不那麼突出的硬木如櫟木等，甚至可以只用香草、乾草或茶葉燻製。她建議大家嘗試使用木炭、海藻、米和糖，或是各種混合的材料，不過絕對不要使用樹脂質的軟木，如松木、杉木及其他常綠樹木，以免因為燃燒木裡的焦油和樹脂而產生有害物質。

煙燻簡單來說就是嘗試不同的味道組合和燻製時間，尋找適合自己的味道。她說：「你會覺得有時候味道太濃，有時則太淡，那是因為你本身想要達到某種效果，但實際上，煙燻其實是相對簡單直接的技巧。」

Pike認為煙燻幾乎適用於任何食物，其烹飪書就網羅魚類、肉類，以至奶類製品、蔬菜及鹽等的煙燻方法，非常全面，唯獨欠缺了水果。

幸好，煙燻水果是Will Horowitz的其中一個鑽研範疇。他花了不少時間做實驗，找到完美的煙燻水果方法。創意豐沛的他，是紐約市餐廳Ducks Eatery及熟食店Harry & Ada’s Meat and Supply Co.的東主之一兼行政總廚，並著有《Salt Smoke Time》一書。

他說：「煙燻水果的效果非比尋常，人們通常不習慣吃蔬菜漢堡或三文治，即使是豐腴多汁媲美牛肉漢堡也不太能接受，但用水果代替卻沒有這個問題。」



*This page, from top: chef and co-owner of Ducks Eatery, with a whole smoked lamb; Ducks Eatery’s whole smoked watermelon “ham”*

本頁上至下：Ducks Eatery的大廚兼東主正在處理烤全羊；Ducks Eatery的煙燻西瓜「火腿」



Horowitz provides a recipe for a whole smoked watermelon “ham” that defies the eyes as well as the palate. The watermelon is first brined for four days in a solution of water, wood ash, kosher salt, and seasonings. Then it is air-dried and smoked for half a day. The surface is scored, basted with olive oil, and then smoked and roasted until it lightly chars to a caramelised crisp. The result is a watermelon that looks like a ham but tastes like ... something different – something simultaneously sweet, savoury and smoky.

“It looks like a ham, but it is a watermelon,” Horowitz says. “We’re not trying to make it something else. We’re simply applying age-old techniques and this is just what happened. We’re talking about something that uses a couple of ingredients, and we’re letting the ingredients and the processes speak for themselves.”

Last year, he took a similar approach with watermelon radish – this time curing the ingredient with acidity instead of alkalinity to modify its texture before smoking – to create a “bresaola” that nearly won a charcuterie contest.

“For us, smoking is another way of imparting flavour, and in some cases, of preservation. Even though it’s almost become a buzzword, we’re really using a full spectrum of techniques. Smoking, fermenting, pickling, drying – they are all different tools that we use in the kitchen,” says Horowitz. “And at the heart of all this are the questions, how do we use these techniques to make plant-based foods taste great enough to reduce the amount of meat we eat? And how do we make undervalued foods, like goat neck, taste really delicious and therefore become more valuable?”

“We’re just opening new doors to a very old world,” he adds. 🍷

Horowitz的其中一道菜式煙燻西瓜「火腿」，不只樣子幾可亂真，味道也難分真假。做法是，首先用混和木炭灰、猶太鹽和其他調味料的鹽水醃漬西瓜四日，然後風乾及煙燻半日。最後，將西瓜表面劃開、塗上橄欖油，煙燻及烤至少許焦脆。西瓜會看起來像火腿，但吃起來味道卻不同，甜中帶鹹，並有煙燻香味。

Horowitz說：「它樣子像火腿，但實際上是西瓜。我們無意將它變成其他東西，只是使用古老的烹調技術就能得到這樣的效果。我們只用了一兩種食材，然後讓食材本身和煙燻過程自行發揮。」

去年，他用同樣的方法燻製西瓜蘿蔔，但這次在煙燻前先以酸性水代替鹼性水浸漬食材，稍為改變其質感，最後得到的「風乾牛肉」效果幾乎讓它奪得熟肉冷盤比賽。

Horowitz表示：「對我們而言，煙燻是另一個調味方法，有時也是保存食物的好辦法。雖然煙燻近年大行其道，但我們廚房裡其實一直採用各種各樣的烹調技巧，包括煙燻、發酵、醃漬、乾製等。問題的重心是，如何利用這些技巧提升素食的味道，以減少我們食用的肉類數量？以及如何令被低估的食物如羊頸等變得美味，增加其價值？」

「我們只是打開一道通往遠古世界的大門。」他補充道。 🍷



High quality produce from England's green and pleasant land has contributed to the growing reputation of British food, but the country has also been making a name for itself in wine – particularly sparkling – and is stealing the crown from many better-known sites. 英格蘭鄉郊田野出產的優質農作物不僅讓英國食物名聲漸響，連該國釀製的葡萄酒，特別是氣泡酒，也在品質上勝過許多知名度更高的產酒區。 **By Rachel Duffell**

# Wine 酒 鄉 country

It's a summer's day in the English countryside and ten of us have gathered for lunch. A cork pops and golden bubbles slide into glasses. We pass them around, revealing nothing as to what they contain.

"Delicious champagne," says one guest.

"It's English Sparkling Wine," is the response, which is followed by all-round surprise, and talk turns to England's burgeoning wine industry.

England has been producing wine for centuries. Roman vineyards have been found in Northampton, and by the 12th and 13th centuries – there were a number of vineyards around the country. That was until the climate changed and temperatures cooled. Later, disease came – powdery mildew in 1845, followed by phylloxera and downy mildew. Not long after, the outbreak of World War One curbed production, and grape-growing and winemaking didn't return until the 1940s, with a further revival of sorts following in the 1960s.

某個和煦的夏日，我們十人在英格蘭鄉郊共進午餐，「卜」的一聲後，金黃色的氣泡酒滑進玻璃杯裡。我們將盛著酒的玻璃杯傳開去，但沒有告訴大家那是什麼酒。

「很好喝的香檳。」其中一位客人說道。

「這是英格蘭氣泡酒。」有人回答道，其餘的人莫不一臉驚詫，然後大家開始談論起英格蘭迅速崛起的釀酒業。

英格蘭的釀酒歷史可追溯至多個世紀以前，現時在諾威頓仍可找到羅馬時期的酒莊，而在12、13世紀，全國各地更有許多建於中世紀的酒莊。不過，後來氣候轉變，氣溫變冷，疾病隨之而來，包括1845年的白粉病，以及其後的根瘤蚜蟲和露菌病等。不久之後，第一次世界大戰爆發，生產停頓，及至1940年代，葡萄種植和釀酒業才捲土重來，1960年代開始更稍微有點復興迹象。

過去20年，英格蘭釀酒業集中改良氣泡酒，向全球最著名及最受推崇的氣泡酒產區香檳學習，並採用傳統的香檳釀製方法。這實在是明智之舉，因為氣泡酒其實是英格蘭人Christopher Merrett於1662年發明。

Nyetimber Estate in  
Sussex

位於薩塞克斯的  
Nyetimber Estate







*This page, from top: The selection of English Sparkling Wine produced by Ridgeview; Head Winemaker Simon Roberts*

*Opposite page, from top: The Ridgeview Tasting Room overlooking the vineyards; cellaring the wine*

*本頁上至下：Ridgeview釀製的一系列英格蘭氣泡酒；主釀酒師 Simon Roberts*

*對頁上至下：Ridgeview試酒室坐擁綠悠悠的葡萄園美景；將一瓶瓶新釀的酒放進酒窖*



*“That was especially rewarding, both for Ridgeview and our industry,” says Simon Roberts, Head Winemaker at Ridgeview. “The IWSC not only looks at this year but your history over the years, and we have had a high level of consistency, hence the award. To be judged to such a standard by your peers is an amazing feeling. As for our industry, it shows the world the quality we are producing and on a consistent standard.”*

*English Sparkling Wine is increasingly reaping awards, pipping many that have for decades been won by winemakers and wines out of Champagne. This shouldn’t be a huge surprise given that the south of England has much in common with Champagne, including similar chalky soils and climate to the region that lies just 90 miles across the English Channel. Even the French have recognised the potential in the lands of their rivals across the*



“All those flavours that are so intrinsic to England are often in our wines  
所有英格蘭熟悉的味道基本上都可以在我們的  
葡萄酒裡找到”  
– Cherie Spriggs, Nyetimber

*英格蘭氣泡酒媲美香檳的實力，不僅在我們的小型午餐聚會上受到肯定，更從獲得國際葡萄酒獎項越來越多這點得到引證。*

*2010年，一款由英格蘭酒莊釀製的氣泡酒在Decanter世界葡萄酒大賽中，擊敗一系列著名法國香檳酒莊的佳釀，贏得國際氣泡酒獎，這意味著英格蘭氣泡酒已能夠在國際舞台上與對手一爭長短。那次得獎的氣泡酒是Ridgeview釀製的 Grosvenor Blanc de Blancs，而我們在那個和煦的夏日喝的，正是該酒莊出品的氣泡酒。*

*坐落於東薩塞克斯郡連綿不絕的南唐斯山山腳的Ridgeview，只種植用來釀製香檳的經典葡萄品種：Chardonnay、Pinot Noir和Pinot Meunier，並且只出產英格蘭氣泡酒。酒廠由Roberts家族於1995年創辦，其氣泡酒曾經用來款待英女皇伊利沙伯二世的客人，也是唐寧街10號首相府的官方指定氣泡酒。Ridgeview在*

*2018年的國際葡萄酒暨烈酒大賽（IWSC）中獲選為年度國際釀酒商，成為歷來首家奪得這個獎項的英國釀酒商，進一步奠定Ridgeview以至英格蘭葡萄酒的地位。*

*Ridgeview主釀酒師Simon Roberts表示：「這對Ridgeview和我們的釀酒業來說，都是特別的榮譽。IWSC不只看這年的表現，歷年的參賽歷史也會一併考慮，我們能夠一直保持高水準才會獲獎。能夠獲得同業這麼高的評價，感覺很棒。至於對業界來說，我們向世界證明了英格蘭也能夠生產水準穩定的優質佳釀。」*

*英格蘭氣泡酒屢奪殊榮，當中包括過去幾十年一直由香檳區釀酒師和佳釀壟斷的獎項。不過，這其實並非完全無迹可尋，因為英格蘭南部跟香檳區只距離90哩，相隔了一個英倫海峽，兩地均屬於白堊土質，氣候也相近。法國釀酒業也明白這片一海之隔的土地潛力無窮，香檳酒莊Taittinger於2017年開始在肯特郡種植葡萄，帶頭進軍英格蘭，並打算以Domaine Evremond的名稱生產其英格蘭氣泡酒。*



water. Taittinger became the first Champagne house to plant vines in the UK in Kent in 2017 with plans to produce its own English Sparkling Wine under the label Domaine Evremond.

England’s climate helps to differentiate its sparkling wines from Champagne’s. Summers are moderate and there’s generally a longer growing season than in Champagne, if only by a few days. “This slightly longer, cooler growing season allows you to develop beautiful, delicate and complex flavours and the full array of flavours that we look for,” says Cherie Spriggs, winemaker at acclaimed vineyard Nyetimber in West Sussex. “The overall flavour profile of English Sparkling Wine is generally more delicate. The acidity is a little higher, so it’s a very crisp, refreshing style. And you somehow get flavours that you associate with things we naturally find in England, like great English apples, the wonderful strawberries and raspberries you get here, the beautiful floral aromas found in the natural hedgerows – all those flavours that are so intrinsic to England, amazingly, are often in our wines.”

Spriggs’ sparkling winemaking was honoured last year in another world-first for English wine when she was named Sparkling Winemaker of the Year at the International Wine Challenge 2018, not only becoming the first woman to receive the award but also the first winner outside Champagne.

Spriggs believes it’s all about England’s sparkling wine as opposed to still wine, because she sees – and has proved that – sparkling is an area where England can compete with the best on an international level. However, England is also producing some top-notch still wines.

“We have gained good recognition globally from the sparkling wines, but the still wines are getting more popular each year,” says Jeremy Mount, Winemaker at Woodchester Valley vineyard in the Cotswolds. “A variety of styles of wines made in England are now gaining high accolades in internationally recognised competitions, so the rest of the world is beginning to realise we don’t just produce quality sparkling wines.”

Woodchester Valley’s own Sauvignon Blanc is one such wine. In May, the Sauvignon Blanc 2018 won Gold at the IWSC, the first such award for an English wine of this varietal.

**This page, from top:**  
Nyetimber Estate; the vineyard’s Blanc de Blancs 2013 English Sparkling Wine  
**Opposite page, from top:** Tasting time at Nyetimber Estate; harvesting the grapes for sparkling winemaking

本頁上至下：Nyetimber Estate酒莊；酒莊釀製的英格蘭氣泡酒Blanc de Blancs 2013  
對頁上至下：Nyetimber Estate的試酒室；採摘用來釀製氣泡酒的葡萄



由於氣候稍有差異，英格蘭的氣泡酒跟香檳也略有不同。這裡夏季氣候溫和，生長期比香檳區長，雖然只是數天。西薩塞克斯著名酒莊Nyetimber的釀酒師Cherie Spriggs解釋：「這裡的生長期稍長，氣溫亦稍涼，因此可以讓葡萄發展出怡人、細緻和層次豐富的味道，基本上我們想要的味道應有盡有。總括而言，英格蘭氣泡酒的味道一般比較柔和，稍微有點酸，因此酒味非常清爽。另外，這裡的氣泡酒會擁有英格蘭熟悉的大自然產物的味道，例如英格蘭蘋果、士多啤梨、紅桑子等，還有怡人的大自然花香……所有英格蘭熟悉的天然香味基本上都可以在葡萄酒裡找到。

Spriggs釀製氣泡酒的技藝，讓她在2018年的國際葡萄酒挑戰賽（IWC）中，獲頒年度氣泡酒釀酒師獎，是首次有人憑英格蘭出產的葡萄酒奪得此獎。她同時也是首位獲此殊榮的女性，並打破香檳酒廠一直以來的壟斷局面。

她認為比起無氣葡萄酒，英格蘭釀酒業的重心顯然是氣泡酒，因為她覺得，英格蘭氣泡酒已經可以媲美世界一流的對手，事實上也是如此。不過，英格蘭其實也有生產頂級的無氣葡萄酒。

Cotswolds區酒莊Woodchester Valley的釀酒師Jeremy Mount表示：「我們的氣泡酒無疑已在世界各地獲得肯定，但無氣葡萄酒也一年比一年受歡迎。英格蘭釀

製的各種葡萄酒，在國際認可的比賽上開始得到很高的評價，因此世界上其他地方的人也開始留意到我們不只生產優質氣泡酒。」

Woodchester Valley的Sauvignon Blanc白酒正是其中一款備受肯定的英格蘭無氣葡萄酒，其Sauvignon Blanc 2018在5月時更成為首款在IWSC上獲得金獎的英格蘭Sauvignon Blanc白酒。

英格蘭酒莊一直拿不同的葡萄品種做試驗。位於薩塞克斯的Bolney Wine Estate嘗試種植各種葡萄，包括有性生殖、無性繁殖和嫁接品種等，從中尋找最適合酒莊土壤的葡萄品種，其中Pinot Gris尤其成功，獲得多個獎項肯定。

Bacchus是英格蘭最常見的葡萄品種之一，這種由德國的Riesling-Silvaner和Müller-Thurgau雜交而成的葡萄，可以釀製出冠絕英格蘭的白酒。

Mount說：「它是德國品種，源於德國的Riesling，但英格蘭的氣候、土壤和風土非常適合種植這種葡萄。Bacchus白酒香氣清新、乾淨，帶有新鏟的草香味，以及接骨木花和忍冬的芳香，我覺得這些香味很有英格蘭特色。」Woodchester Valley出品的Bacchus 2017白酒，在2018年Decanter世界葡萄酒大賽中獲頒銀獎，另外亦在其他比賽上獲得多個獎項。







England’s winemakers have been experimenting with different grape varieties. Bolney Wine Estate in Sussex has tried growing a number of grape varieties, clones and rootstocks to find the best matches for its site, succeeding in particular with Pinot Gris, for which it has won a number of awards.

One of the most common grape varieties planted in England is Bacchus, a German cross between Riesling-Silvaner and Müller-Thurgau that is becoming synonymous with the best English whites.

“It’s a German variety that is in the shadows of Riesling in Germany, but the climate, soil and overall terroir of England seems to lend itself very favourably to the variety,” says Mount. “The aromas are very fresh and clean, showing cut grass, elderflower and honeysuckle, which I think are extremely representative of England.” Woodchester Valley’s Bacchus 2017 is a 2018 Decanter World Wine Awards Silver medal winner and has won several additional awards.

There are other areas that still hold great potential for English wines. “There is scope for the still wines to make an impact globally, not just the still whites that have fresh acidity and clean, vibrant flavours, but also the rosé wines,” says Mount, whose rosé – a blend of Regent and Pinot Noir grapes – won Bronze at the Wines of Great Britain Awards 2018. “There is also no reason that in the future Pinot Noir can’t improve to produce good red wines as well as the sparkling wines it is already well known for.”

Red wine hasn’t had such success to date, but Pinot Noir as a varietal wine in particular is improving. At Hush Heath Estate and Winery in Kent, winemaker Victoria Ash sees great potential in this area. “I think people have this notion that you can’t make red wine in England, but actually, if you



英格蘭出產的其他葡萄酒也潛質優厚。Mount表示：「除了味道清新酸爽的白酒，其他無氣葡萄酒如玫瑰紅酒等也有機會在國際上闖出名堂。」他採用Regent和Pinot Noir兩種葡萄混釀的玫瑰紅酒，在2018年的英國葡萄酒大賽上獲頒銅獎。「現時已知道Pinot Noir可以釀製優質氣泡酒，因此有理由相信，假以時日也可以改良到適合釀製紅酒。」

雖然目前來說，英格蘭紅酒的表現還遠遠落後，但這裡釀製的Pinot Noir單一品種葡萄酒在持續改善。肯特郡酒莊Hush Heath Estate and Winery的釀酒師Victoria Ash深信其潛力，「我想大家都認為英格蘭不可能釀出優質紅酒，但事實上這裡的Pinot Noir已相當不錯。」Hush Heath的Pinot Noir 2015，在2017年的侍酒師葡萄酒大賽上獲頒金獎和評論員之選獎，在同年的獨立英格蘭葡萄酒大賽上也捧走銀獎。

英格蘭不僅證明自己可以釀出能夠與國際佳釀平起平坐的有氣和無氣葡萄酒，其基礎設施也足以應付這個發展迅速的行業。

Ash是其中一個於Plumpton College受訓的英格蘭釀酒師，這家受到葡萄酒大師Jancis Robinson推崇的頂級葡萄酒學院，讓學員到世界各地的頂級葡萄產區學習釀酒技術，它是目前歐洲唯一以英語授課的釀酒學校。學校設有自己的商用釀酒廠和葡萄園，釀有一流的Bacchus、Ortega和Pinot Noir單一品種無氣葡萄酒及一款氣泡酒。

*Opposite page, from top:* Hush Heath’s English Sparkling Wines; practising barrel ageing at Plumpton College in East Sussex; winery tanks waiting to be filled at Woodchester Valley in the Cotswolds

*This page, from top:* Vines at Woodchester Valley; pouring the vineyard’s Rosé Brut; Hush Heath’s Nannette’s Rosé

對頁上至下：Hush Heath的英格蘭有氣葡萄酒；位於東薩塞克斯的Plumpton College用來陳年的木桶；Cotswolds酒莊Woodchester Valley的葡萄酒酒缸



本頁上至下：Woodchester Valley的葡萄園；該酒莊的玫瑰紅酒；Hush Heath的玫瑰紅酒Nannette’s Rose







“2018 was an amazing year so I expect to see some great still wines coming out soon

2018的葡萄收成非常棒，我相信很快就會有優質的無氣葡萄酒推出”

– Simon Roberts

look at Pinot Noir, it can do really well here,” she says. Hush Heath’s Pinot Noir 2015 was awarded the Gold Medal and the Critic’s Choice Award at the Sommelier Wine Awards in 2017 and was a Silver Medal winner at the Independent English Wine Awards in 2017.

Not only is England proving that it can produce wines – both sparkling and still – capable of competing on an international level, but it has the infrastructure in place to support its growing industry.

Ash is just one of England’s many winemakers who trained at Plumpton College, a top-level wine school praised by Master of Wine Jancis Robinson for training winemakers in top growing regions around the world, and currently the only English-language winemaking school in Europe. It also has its own commercial winery and vineyard, producing high-quality Bacchus, Ortega and Pinot Noir varietal wines and a sparkling.

The rate of grape growing is continuing to rise across England, which can now count vineyards across the country from the east to the west coast

in the south, and as far north as Yorkshire. Licence applications to the HRMC for new vineyards were up 40 per cent in the last year, and since 2000 acreage dedicated to vines has tripled, with 1.6 million new vines planted in 2018.

It’s not all plain sailing with English wine. Vintage variation is high thanks to what can be an unpredictable climate. But when it’s a good year, the wines can be superb, and there is all-round excitement in particular for last year’s harvest, which may just see English wine further propelled into the spotlight.

“2018 was an amazing year in the vineyard, so I expect to see some great still wines coming out soon,” says Roberts

If you haven’t given English wine – still or sparkling – a taste yet, it’s time to fill your glasses. Like the international wine awards bodies, we’re sure you’ll be raising a glass to its finesse and quality. As Mount expounds, the future of English wine is “bright, fresh and full of flavour.”

英格蘭的葡萄園面積不斷增長，由東岸到西岸的南部地區以至北面約克郡等比比皆是。英國稅務與海關署收到的開辦新葡萄園的申請書去年上升四成，種植葡萄的耕地面積自2000年起增加了兩倍，2018年新種植的葡萄多達160萬株。

英格蘭葡萄酒一路走來並非一帆風順，由於氣候變化大，收成變化也同樣大。然而，在收成良好的年份，葡萄品質可以非常優秀，去年的收成就各方面而言都讓人喜出望外，英格蘭葡萄酒說不定可以憑這個年份的佳釀受到注目。

Roberts說：「2018的葡萄收成非常棒，我相信很快就會有優質的無氣葡萄酒推出。」

如果你還沒試過英格蘭葡萄酒，不管是有氣還是無氣，那就給自己倒一杯試試看，我們相信，你也會像各大國際葡萄酒比賽機構一樣，向英格蘭葡萄酒的精緻和優質舉杯致敬。正如Mount所說，英格蘭葡萄酒的未來將是「光明、清新而味道馥郁的」。



Opposite page: Thriving vines at Bolney Wine Estate

This page, from top: Plumpton College’s wine education, training and research facilities; blind tasting wines as part of the institution’s education programme

對頁：Bolney Wine Estate 生氣盎然的葡萄藤

本頁上至下：Plumpton College的教學、訓練和研究設施；學院的教學課程包括蒙瓶試酒



Demand for wild game and exotic meat – from venison, pheasant and quail, to elk, kangaroo and even squirrel – is soaring. With leading restaurants around the world offering increasingly inventive takes on “alternative” meats, we talk to the chefs who are taking a walk on the wild side. 由比較為人熟悉的鹿肉、野雞肉和鵪鶉肉，到駝鹿、袋鼠甚至松鼠肉，市場對野味肉和罕見肉類的需求正在飆升，世界各地大型餐廳也漸漸勇於採用「另類」肉類。有見及此，我們訪問了三位與野味同行的大廚，一起探討這股風潮。 **By Anna Cummins**

# Game on 野味！惹味？

In 2016, Atlanta-based fast-food chain Arby's introduced a limited-edition venison steak sandwich, prepared sous-vide and topped with juniper-berry sauce. “While we’re not afraid to take risks, the venison sandwich is probably the biggest stretch for us yet,” then-chief marketing officer Rob Lynch admitted during the launch.

This trepidation speaks to the deeply ingrained perceptions people hold about the meats we ‘should’ eat.

The overwhelming majority of meat consumed globally comprises poultry (around 34 per cent), pork (around 35 per cent) and beef and buffalo (around 22 per cent). But throughout evolutionary history, humans as hunter-gatherers have eaten the wild animals available to us in our native habitat. It was only in the 20th century, amid the introduction of intensive agriculture, that meat production became increasingly industrialised, and our meat options became homogenised.

Arby's venison burger was well received – customers queued out the door, and initial stocks sold out in hours. While game meats like venison have long been popular in certain high-end restaurants, the launch of such an item on the menu of a fast-food chain restaurant is indicative of the growing consumer shift away from the traditional trio of proteins.

2016年，阿特蘭大連鎖快餐店Arby's推出限量版的低溫烹調杜松果醬汁鹿肉扒三文治。當時的市場推廣主任Rob Lynch曾說：「雖然我們敢於冒險，但恐怕鹿肉三文治大概是我們最大膽的嘗試了。」

話裡的戰戰兢兢反映了一般人對「應該」吃什麼肉根深柢固的觀念。

現時，全球最多人食用的肉類主要是家禽肉（34%）、豬肉（35%），以及佔22%的牛肉和水牛肉。然而在歷史的進程當中，人類曾以狩獵為生，捕食原居地可以找到的各種野生動物。直到20世紀引入密集式的農業耕作模式後，肉類生產才變得越來越工業化，我們的肉類選擇也變成大同小異。

Arby's的鹿肉三文治相當受歡迎，購買的人龍排到店外，第一批產品在推出數小時後迅速售罄。其實，像鹿肉這些野味肉在某些高級餐廳一直大受歡迎，連鎖快餐店推出這類產品只說明了越來越多顧客願意嘗試三種傳統選擇以外的肉類。

在英國，鹿肉的銷量也在急升。根據消費趨勢研究公司Kantar的資料顯示，鹿肉的銷量在2014年大升三倍多。大型超級市場Sainsbury's在2016年的鹿肉種類也增加一倍，現時已有鹿肉漢堡、慢煮鹿肉燉鍋及鹿肉腸等。鹿肉是天然的蛋白質來源，肉質精瘦但礦物豐富而味道濃郁，非常適合用來代替其他紅肉。

人們重新對野生和傳統上較少人食用的肉類產生興趣，餐廳是主要的推動力之一。Sainsbury's主切肉員Julien Pursglove解釋：「現今的顧客比較勇於嘗試，並



Co-founder and executive chef Michael Hunter of Antler in Toronto barbecuing venison  
多倫多餐廳Antler的創辦人之一兼行政總廚 Michael Hunter正在烤鹿



In the UK, sales of venison are also soaring – in 2014 alone, they spiked by 412 per cent, according to consumer-insights company Kantar. Leading supermarket Sainsbury’s doubled its venison range in 2016: it now offers products such as venison burgers, a slow-cook venison casserole and venison sausages. The meat is a naturally lean protein that is rich in minerals and full of flavour making it a great alternative to other red meats.

Restaurants are a main driving force behind the resurgence of interest in wild and less-traditional meats. “Customers are more adventurous and looking for something healthy, so new products, particularly proteins, tend to be popular,” master butcher at Sainsbury’s, Julien Pursglove, told the *Telegraph* in 2016. “Venison is appearing a lot more on restaurant menus across the country, and trends like this normally filter through to home consumption.”

London restaurant Native, a zero-waste establishment that serves foraged and locally sourced produce, rare breed and game meats, is a perfect example. It hit national UK headlines earlier this year after introducing a slow-cooked grey squirrel ragu.

“The reaction to our squirrel dish was great,” says Native’s head chef and co-founder Ivan Tisdall-Downes. “We use squirrel as it is effectively waste meat; it’s being culled by gamekeepers and park rangers regardless. It is a lot more ethical and lived a much better life than most of the chicken consumed in the country.”

Native serves light-hearted takes on familiar dishes, such as Wood Pigeon Kebab, Southern Fried Rabbit and Squirrel Pasties. “I believe game meat has a bad rep because of the super strong flavour it develops when hung for a while or because of its difficulty,” says Tisdall-Downes. “With the right education, it becomes a lot less intimidating.”

Native gets much of its produce from farms close to London. “We keep a skeleton structure to our menu for the week or month and chop and change different cuts of meat, foraged vegetables or fish depending on what we get hold of,” Tisdall-Downes says. “It keeps the chefs switched on and excited, and gets us using different cooking techniques for different types of meat.”



Along with the leaner nutrient profile of game, and environmental benefit of reducing transport emissions, turning to local produce has a bonus effect of inviting fresh reflection on a nation’s culinary identity. “I think Native has been of interest to people because of the exciting ingredients we use, but also because there is a distinct lack of British food in Britain,” says Tisdall-Downes. “We have adopted food from other cultures extremely well, but England specifically has lost its food identity.”

It’s a premise that Antler, a restaurant in downtown Toronto serving regional Canadian ingredients, seasonal and wild foods, relates to. “Canada doesn’t really have a food identity, unless you’re talking about indigenous cuisine,” muses Michael Hunter, Antler’s co-founder and executive chef. “Living off the land a couple hundred years ago, [game] is what we would be eating; deer and elk and duck and rabbit. This is what I think Canadian cuisine is.”

Typical entrées at Antler include spice ash-crusted rack of deer; and pappardelle with braised rabbit, buttered leeks and verjus apricot preserve. Due to health legislation, hunted game can’t currently be sold in Canada or the US, so only farmed game is plated there.

Hunter, who grew up on a horse farm, is a lifelong outdoor enthusiast. “[Wild foods] are gaining popularity,” he says. “We were probably one of the first restaurants in the downtown core to only offer game meat – bison and wild boar and rabbits and pheasants, instead of chicken, pork or beef. It was pretty non-existent before.”

Of course, not every game restaurant serves native animals. Orlando Ramos is executive chef at New Jersey restaurant Clydz, known for its exotic meats that are sourced from dedicated game farms in the US.

Alongside more traditional game, such as duck breast and wild boar and buffalo meatballs, Ramos cooks up delicacies such as kangaroo loin,



“Game meat has a bad rep ... with the right education, it becomes a lot less intimidating

野味的聲譽不好……只要接受正確的教育，野味就不會那麼嚇人。”

– Ivan Tisdall-Downes

追求健康的食物，因此新產品特別是肉類變得受歡迎。國內供應鹿肉菜式的餐廳大增，這股趨勢自然也慢慢反映在家庭的食物清單上。」

倫敦以零廢物為宗旨的餐廳Native就是好例子，該餐廳採用野生食材、本地農產、野味和罕有肉類烹調佳餚。今年初，他們推出慢煮番茄灰松鼠肉醬，隨即成為英國的頭條新聞。

餐廳總廚兼創辦人之一Ivan Tisdall-Downes表示：「大家對松鼠肉菜式的反應非常大！我們用松鼠肉只是為了避免浪費食物，牠們是獵場看守人和公園巡邏員無論如何都要捕殺的動物。況且牠們活得比國內消耗的大部分雞隻好，吃牠們更符合道德。」

Native對用野味烹調熟悉的菜式，如烤斑鳩肉、炸兔肉和松鼠餡餅等，倒是看得很輕鬆。Tisdall-Downes說：「我知道野味的聲譽不好，因為野味掛起一段時間後肉味會變得太濃，而且很難煮，但只要接受正確的教育，野味就不會那麼嚇人。」

餐廳採用的農產主要來自倫敦附近的農場。Tisdall-Downes補充：「餐廳的菜式大致上一個星期或一個月才換一次，但所用的材料則視乎我們拿到哪些肉類、魚類和野生食材而定。廚師們因此一刻也不能鬆懈，因為不同的肉類要使用不同的烹調方法。」

野味不僅營養豐富、脂肪少，同時也因為無需長途運送而有助減少碳足跡，對環境有益。轉用本土農產的額外好處是激發大家重新審視一個國家的烹調特色，Tisdall-Downes解釋：「我想大家對Native感興趣，固然是因為我們所採用的食材很有趣，但也是因為英國明顯缺乏英式食物。我們很成功地引入其他地方的飲食文化，但英國卻喪失了自己的烹調特色。」

Antler行政總廚兼創辦人之一Michael Hunter也深有同感。餐廳位於多倫多市中心，喜歡採用加拿大本土農產及當季和野生食材烹調佳餚，Hunter若有所思地說：「除了原住民菜式，加拿大沒有自己真正的飲食特色。一、兩百年前，在這片土地上生活的人，必然是以進食野生動物為生，如鹿肉、駝鹿肉、鴨肉和兔肉等，我覺得這些才是加拿大菜的特色。」

Antler典型的主菜選擇包括有烤香料裹鹿架、燜兔肉寬條麵配牛油韭蔥和酸果汁醃杏子等。由於衛生條例所限，狩獵所得的野味肉現時不能在加拿大和美國出售，所以餐廳使用的野味肉其實是由農場提供。

在牧馬場長大的Hunter一直熱愛戶外生活，他說：「野生食物已漸受歡迎。我們大概是市中心第一批只供應野味肉的餐廳，我們採用野牛肉、野豬肉、兔肉和野雞肉代替一般的雞、豬、牛。在我們以前，這樣的餐廳並不存在。」

**Opposite page, from left: Kangaroo Loin at Clydz; Native restaurant in London.**

**This page, from top left: Chef Ivan Tisdall-Downes of Native; his Buttermilk-fried Grouse**

**對頁左至右：Cyladz的袋鼠腰肉；倫敦的Native餐廳  
本頁左至右：Native大廚Ivan Tisdall-Downes；他的白脫牛奶炸松雞**





當然，也不是所有野味餐廳都只供應本土動物的肉。Orlando Ramos是Clydz的行政總廚，這家位於新澤西州的餐廳以提供來自美國指定野味農場的外來野味肉聞名。

他們除了供應比較傳統的野味肉，如鴨胸、野豬肉和水牛肉丸外，也會為客人烹調袋鼠腰肉、烤野牛隔膜肉扒、酥皮包鱈魚肉腸及燜蟒蛇肉意式餃子等佳餚。Ramos說：「我們有一道菜式是蟒蛇肉配芝麻菜蘑菇忌廉醬，試過的客人都對這道菜式刮目相看，而且他們還可以跟朋友說自己吃過蛇肉。」

Ramos已在Clydz工作了19年，他指出：「過去20年，我們發現公眾對野味的接受程度高了，注重健康的人也開始由傳統的粟飼牛肉轉吃更有機的肉類。」

他對野味肉類濃郁而突出的味道讚不絕口，尤其是餐廳的暢銷菜式之一袋鼠腰肉，以及在他口中「脂肪少、更勝牛肉」的羚羊肉。

雖然這些肉類太新奇，很容易讓人卻步，但飼養豬牛供人食用跟牧養蟒蛇或袋鼠作為糧食，本質上其實分別不大，反而是野味肉因為生產規模不可能太大而有其好處。Ramos說：「野味肉比牛肉健康許多，脂肪和膽固醇均低，但含有豐富的鐵和鋅。能夠自由走動和吃草為生的動物，肉質比吃粟米而不太走動的精瘦，對環境的影響也少許多，因為我們只需捕獵牠們，而不像飼養食用動物那樣，必須經過大型肉類食品公司的種種工序。」

不過，Ramos也毫不猶豫地指出：「地球不能沒有這些大型肉類食品製造商。」蟒蛇還不能取代牛肉，但卻可以成為客人的有趣話題。」

喜歡挑戰極限的Ramos目前正在尋找天然鼠和鬣蜥肉，並且探討以蟋蟀和蚱蜢等昆蟲入饌的可能。他說：「我想我們的客人應該還未能接受這些食物，但昆蟲作為糧食會越來越常見，牠們其實非常美味，但要流行起來還需要更多時間。」

過去十年，大家對野生、本土和環保肉類的興趣激增，以此推測，Ramos同時為客人奉上蟋蟀和袋鼠腰肉的日子應該不遠了。

grilled bison hanger steak, alligator sausage in a puff pastry ‘blanket’ and braised python ravioli. “We serve the python with arugula, wild mushrooms and a delicious cream sauce,” he says. “When customers try it, they can’t believe what a great dish it is. Plus, they get to tell all their friends that they ate snake!”

Ramos started working at Clydz 19 years ago. “We’ve seen a greater acceptance of game meat and the health-conscious public has moved away from traditionally corn-fed beef and toward more organic sources of protein over the last 20 years,” he says.

Ramos enthuses about the rich, bold flavours in the meats he cooks – particularly kangaroo loin, one of the restaurant’s best-selling dishes, and antelope, which he describes as “far superior to beef, and lower in fat.”

While it would be easy to dismiss such meats as a novelty, there are arguably few reasons why farming a pig or cow to eat is fundamentally different from farming a python or kangaroo to eat. The inherently smaller scale of production for this kind of game has benefits, though. “Typically game meats are much healthier than beef, for example,” Ramos says. “Lower in fat and cholesterol and rich in iron and zinc

minerals. An animal that has freedom of movement in its environment, eating grasses rather than corn and kept immobile, produces a leaner meat. The environmental impact is much lower with exotic and game meats since they are hunted rather than processed by huge food animal operations.”

However, as Ramos readily points out, “It would be impossible to sustain the planet without these huge animal food producers.” Python isn’t replacing beef, just yet, but it does make for an interesting dinner conversation.

Ever seeking to push the curve, Ramos is currently looking into a source for guinea pig and iguana and is investigating the possibility of serving insects like crickets and grasshoppers. “I don’t think our customers are ready for that just yet,” he says. “You will see an increase in insects as a food source – they’re incredibly flavourful – but it will take time to catch on.”

If the surge in interest in wild, native and environmentally friendly meats throughout the last decade is anything to go by, it likely won’t be long until Ramos is serving up crickets alongside his kangaroo loin.

Opposite page: Skull Charcuterie Board at Antler restaurant

This page, clockwise from top left: Michael Hunter on the lookout for game; at home in the Antler kitchen; his Duck Charcuterie Board

對頁：Antler餐廳的 Skull Charcuterie Board  
本頁左上圖起順時針：狩獵中的Michael Hunter；在Antler廚房工作中的他；其鴨肉拼盤





Socially conscious chefs and restaurateurs are transforming the restaurant model to give back to society or shine a spotlight on important issues while delivering delicious dishes. 關心社會的廚師和餐廳老闆正在改變餐廳的經營模式，期望在為大眾提供美味佳餚之餘，同時能夠回饋社會，或引起大眾對重要社會議題的關注。 **By Payal Uttam**

# A place at the table 安樂茶飯

“What if you could help somebody who really needed it just by eating lunch?” Celebrity chef Michael Solomonov and his business partner Steven Cook posed this question on a Kickstarter campaign to help realise a dream. Receiving an incredible response, they raised almost US\$180,000, which helped them open The Rooster, a stylish old school diner that donates all profits to charity. The restaurant built a reputation not only for feeding the hungry but also for quality fare. In 2017, it helped to donate more than 72,000 meals and that year *GQ magazine* named The Rooster one of the best new restaurants in the United States. Soon after, *Food & Wine magazine* followed suit.

“Ultimately, what we are trying to do is to help create a little peace for those who really need it,” says Solomonov. “Restaurants represent the heart of their communities – they are where friends and family gather to celebrate, to swap stories, and to share meals. At the end of the day, hospitality is all about caring for people.”

The duo hatched the idea for The Rooster when they realised how much waste their other restaurants generated. Instead of using the scraps to open a run-of-the-mill soup kitchen, they took the idea one step further. They decided to elevate Jewish diner classics and find creative ways to use leftover chicken, coming up with dishes like The Pastramen, a rich chicken-stock soup with rye noodles spiked with soy sauce and topped with pastrami-cured short ribs.

In recent years chefs and restaurateurs are using cooking as a call to action to raise awareness about issues such as poverty, hunger and human trafficking. Unlike temples of haute cuisine, which thrive on exclusivity, a number of philanthropically minded eateries are opening their arms to anyone in need and giving new meaning to the idea of a guilt-free lunch. They are making a statement by maintaining high standards in the kitchen while also giving away all of their profits. Some restaurants are also using their kitchens to help train some of society's most vulnerable including refugees, disenfranchised youth and unemployed veterans.

「如果只是吃一頓午飯就可以幫到真正有需要的人，你會怎麼做？」名廚Michael Solomonov和生意拍檔Steven Cook，在眾籌平台Kickstarter提出這樣的問題，期望藉此助他們實現夢想。二人的計劃獲得空前的回響，共籌得180,000美元，助他們開辦了一間將所有利潤都捐給慈善團體的舊式餐廳The Rooster。今天，餐廳不只以給挨飢者提供膳食聞名，其美味菜餚亦同樣為人津津樂道。2017年，餐廳共捐出72,000份餐膳，並獲《GQ》雜誌評為美國最佳新餐廳之一，其後亦得到《Food & Wine》的肯定。

Solomonov表示：「我們的最終目的是希望為真正有需要的人提供一刻的平靜，餐廳代表他們社區的中心，是親朋好友歡聚慶祝、閒話家常和分享美食的地方。說到底，餐飲業的重點是關懷他人。」

Solomonov和拍檔是驚覺二人經營的其他餐廳製造大量廚餘後才萌生The Rooster的構思，但他們並沒有像其他人那樣開設普通免費食堂，而是更進一步，將它提升為經典猶太餐館，以創意善用用剩的雞肉，做出The Pastramen（濃郁的雞湯醬油蕎麥麵配燻牛肋肉）等美食。

近年來，許多廚師和餐廳老闆均透過美食來喚起大眾對貧窮、飢餓和人口販賣等議題的關注。有別於高不可攀的高級餐飲業聖殿，助人為樂的食肆對任何有需要的人敞開大門，並且為「不用感到罪疚的大快朵頤」寫下新的定義。這些餐廳一方面供應高水平的佳餚，一方面把盈利撥捐慈善團體，令人印象深刻。不僅如此，部分餐廳甚至利用自己的廚房，為社會上最弱勢的社群，如難民、未能自力更生的青少年和失業的長者等提供培訓。

悉尼慈善團體The Pure Collective的創辦人之一Nicolas Degryse認為：「我們住在自己的泡沫裡而不自知……你想得到更多，但實際上卻向著相反的方向前進。」

THE ROOSTER IMAGES BY ALEXANDRA HAWKINS; CONSCIOUS EATERY IMAGES BY BROOKE FITTS; DOG TAG BAKERY TRAINING IMAGE BY SANDI MOYNIHAN



Dog Tag Bakery in Washington DC  
美國首都華盛頓的 Dog Tag Bakery 餐廳





“What we are trying to do is to help create a little peace for those who really need it ... hospitality is all about caring for people

我們的最終目的是希望為真正有需要的人提供一刻的平靜……餐飲業的重點是關懷他人 55

– Michael Solomonov

*This page, from left:* The food selection at celebrity chef Michael Solomonov’s charitable restaurant, The Rooster; The Pure Collective’s Portal cafe in Sydney

*Opposite page, from top:* Waterhouse Restaurant in London; a salmon dish at Portal

本頁左至右：名廚Michael Solomonov的慈善餐廳The Rooster的美味菜式：悉尼慈善機構The Pure Collective的Portal咖啡店  
對頁上至下：倫敦餐廳Waterhouse；Portal咖啡店的三文魚菜式



Waterhouse Restaurant, which serves fresh seasonal fare in London, shares a similar mission. Owned and run by the Shoreditch Trust, a local charity, the canal-side eatery rescues youth from drug addiction, homelessness and abusive relationships and gives them a chance of a new life as chefs. “The first thing you feel when you walk into the restaurant is the sense of heart,” says head chef Amrit Bhachu. “We break down social barriers so young people know they can express themselves without censor, without peer pressure. There’s a lot of respect, communication and care.” Their comprehensive culinary training has been so successful that some of their chefs have gone on to work in Michelin-starred restaurants.

Dog Tag Bakery in Washington DC focuses on helping veterans and military families, and takes this training idea to the next level by putting them through their paces in the kitchen, as well as enrolling them in a “living business school.” Alongside scooping chocolate-chip cookies and baking buttery croissants, trainees gather in a classroom above the bakery for courses, which earn them a certificate of business administration from Georgetown University’s School of Continuing Studies. Last summer the bakery made headlines as former President of the United States, Barack Obama, and his former Vice President, Joe Biden, stopped by for lunch. They both ordered ham and Gruyère sandwiches with shallot-infused jam on ciabatta. Following their visit, the bakery was packed for weeks.



我們的人生目的應該比賺更多的錢遠大。」The Pure Collective開辦了一系列半牟利的餐廳和咖啡店，所謂半牟利（profit-for-purpose）是指這些公司會設定利潤目標，然後把多賺的錢捐給慈善團體。在他們近期在悉尼市中心開設的時髦咖啡店Portal裡，客人凡點一份碎牛油果茼蒿醃檸檬酸種麵包三文治，店員就會將一個彈彈球交給他，讓他將彈彈球放進三個代表不同慈善用途的玻璃瓶裡，捐款用途包括有保護越南兒童免受人口販賣所害，以及給挨餓兒童一份學校午餐等。

The Pure Collective亦與救世軍合作推出Symbols of Hope（希望象徵）獎學金計劃，在旗下食肆為難民提供由沖泡濃縮咖啡以至做三文治等的餐飲業工作培訓機會。Degryse直言：「這些人名副其實是無依無靠，當中大部分人最後會淪為露宿者或性服務工作者等不堪境況。能夠在他們漂泊的時候一起共事，助他們融入員工裡，讓他們不用感到孤單無依，是一件很有意義的事。」

強調採用當季新鮮食材的倫敦餐廳Waterhouse Restaurant也有著相似的使命。這間位於運河附近的餐廳由當地慈善團體Shoreditch Trust持有及經營，





Famous guests aside, socially conscious restaurants are gaining ground as people are becoming genuinely interested in giving back to their communities. According to Cone Communications LLC, 78 per cent of Americans, want companies to “stand up for important social-justice issues.” Diners worldwide are now realising feel-good food can be more than just ethically sourced and environmentally friendly. As hunger and poverty levels climb, they are waking up to how many people don’t have a place at the table.

“Homelessness is only a degree away for most. It’s a terrifying, but a real life truth,” says Cierra Laub, co-founder of Conscious Eatery, an artisan sandwich shop in Seattle. For Laub and her fiancé Chaz Rowlan fighting hunger is a deeply personal mission. “My family has always lived paycheck to paycheck. We were not strangers at the Food Bank,” she says. “At one point my dad, brother and sister were homeless. My fiancé’s parents and brother were also once homeless.”

Their restaurant follows a similar one-for-one business model to that of Toms Shoes in which diners can donate a meal to someone in need simply by adding a soup or two sides to their main sandwich or salad. Since they opened in 2016, they’ve managed to donate more than 20,000 meals and have ambitious plans to expand to help other communities.

The Pure Collective also recently launched a catering company, which shares the same approach. For every order for 100 people they match it by donating 100 meals to the needy – and it’s their most successful venture yet. The organisation also plans to launch its own wine and coffee brands worldwide, which will donate all proceeds to charity. “You will see that in the next five to 10 years, more and more people will try to make the world a better place and try to help people,” says Degryse. “It’s going to come naturally.”

For all this optimism, sceptics in the industry may argue that slim margins and high operating costs mean it’s not easy to run an ordinary restaurant let alone a profit-for-purpose one, but places like Conscious Eatery that are run by one driven couple prove otherwise. “You can give back to the community, you’ve just got to take a smaller cheque yourself, and live within your means,” says Laub. “It can be done – if you want it enough.” 🍷

專門拯救吸毒的青少年、露宿者及被伴侶虐待的人，給他們學習烹飪、當廚師的機會，讓他們重過新生。總廚Amrit Bhachu表示：「踏進餐廳首先見到的是人心，這裡沒有社會地位的壁壘，讓年輕人可以在沒人監察和沒有同儕壓力的環境下自由地表達己見，這裡的人會互相尊重、溝通和關心對方。」他們的綜合廚藝訓練非常成功，有受訓廚師甚至獲米芝蓮星級餐廳聘用。

位於美國首都華盛頓、主要幫助退役軍人及軍人家屬的Dog Tag Bakery，將這個培訓概念提升至另一層次，不單讓受助人在他們的廚房裡學習，甚至讓他們一邊接受培訓一邊讀書。受助人在舀碎朱古力曲奇粉漿和烘焙牛角包之餘，還會到餐廳樓上的課室一起上課，完成課程的人會獲得佐治城大學持續進修學院的商業管理證書。去年夏天，Dog Tag Bakery聲名大噪，因為美國前總統奧巴馬及前副總統拜登大駕光臨，並各自點了一份火腿芝士青蔥意大利麵包三文治當午餐。在總統光顧後，餐廳多個星期一直門庭若市。

除了名人效應，大眾真心希望回饋社會也是這些關心社會的餐廳大受歡迎的原因。根據公關及市場推廣公司Cone Communications LLC的報告顯示，七成八美國人希望公司可以「捍衛重要的社會公義問題」。世界各地的人已意識到，讓人感覺良好的食物並不局限於符合道德的食材和注重環保。飢餓人口和貧窮水平不斷攀升，大家醒覺原來許多人連一頓安樂茶飯也吃不到。

西雅圖手工三文治店Conscious Eatery創辦人之一Cierra Laub解釋：「露宿對大部分人來說並不是遙不可及的事，這是可怕但真實的人生。」Laub和Chaz Rowlan對飢餓有切身的體會，她說：「我家一直入不敷支，我們是食物銀行的常客。我爸爸和兄姐更曾經露宿街頭，我未婚夫的父母和兄長也曾經無家可歸。」

他們餐廳的經營模式跟Toms Shoes相似，客人只要在他們點的主菜或沙律外多叫一份湯或兩客小菜，即可向有需要的人捐贈一份正餐。餐廳自2016年開業以來已捐出超過20,000份正餐，我們期望能擴展業務，幫助其他社區的人。」

The Pure Collective最近推出的到會服務也採取相近的模式，每接到100人的到會服務，就會向有需要的人捐出100份餐膳。這是他們最成功的業務。接下來，他們計劃建立自己的葡萄酒和咖啡品牌，並目指全球市場，他們期望將所有盈利捐給慈善團體。Degryse相信：「在未來五至十年，社會上會有越來越多人嘗試改善這個世界，嘗試幫助他人。這是自然而然的趨勢。」

在一片樂觀的氛圍中，業內的懷疑聲音或許會說，餐飲業利潤微薄但開支龐大，經營一間普通餐廳已殊非容易，更遑論是「半牟利」食肆，但像Conscious Eatery這樣的餐廳已推翻這種質疑。Laub說：「只要願意拿少一點薪金，過自己可負擔的生活，你便可以回饋社會。只要你希望它成功，目標一定可以達成。」 🍷



Opposite page, clockwise from top left: Sandwiches at Conscious Eatery in Seattle; training at Dog Tag Bakery; Asparagus Salad at Waterhouse Restaurant in London; Conscious Eatery’s

Cierra Laub and Chaz Rowlan

對頁左上圖起順時針：西雅圖Conscious Eatery的三文治；受助者在Dog Tag Bakery接受培訓；倫敦Waterhouse的蘆筍沙律；Conscious Eatery老闆Cierra Laub和Chaz Rowlan



# Simply perfection

## 簡單成就完美

Chef Ringo Chan never underestimates what could be considered the simplest of dishes

陳永雄師傅從不看輕被視為簡單的美食

By Rachel Duffell

It wouldn't be an authentic afternoon tea without scones. It's essential therefore that this traditional British component of the cream tea is of the finest quality. Ringo Chan, executive pastry chef at the Four Seasons Hotel Hong Kong, certainly thought so. He spent a week fine-tuning his scones, testing different recipes and playing with the temperature and timing in the oven to ensure the final product was the fluffiest, tastiest and most outstanding scone. It is this recipe that has been served as part of The Lounge's afternoon tea ever since the Four Seasons opened in Hong Kong in 2005. His scones are served alongside Devonshire clotted cream and homemade jam.

What is Chan's secret? He uses only the finest ingredients: flour from France and Japan and top-quality dairy products, including French butter. On top of that, the process of making the scones is one of dedication: it takes more than 28 hours to make a batch of scones, including mixing, relaxing and baking the dough. Their creation is so important because Chan believes the scones to be a reflection of himself.

While Chan has competed in the Hong Kong National Culinary Team, participating in what is known as the culinary Olympics, and won numerous awards, not to mention being the design mind behind the stunning wedding cakes for which the Four Seasons Hotel Hong Kong is known, for him it's essential that something that could be perceived as simple – such as a scone – is never overlooked.

一頓正宗的英式下午茶，又怎少得英式鬆餅！正由於不可或缺，這種忌廉茶點的質素是否頂級上乘，對一頓下午茶的影響舉足輕重。香港四季酒店行政餅房主廚陳永雄師傅亦深明此道。他花了整整一星期來微調鬆餅的味道和質感，嘗試各種製作配方、不同的烘焙溫度和時間，務求做出香軟鬆化、滋味無窮、傲視同儕的鬆餅。香港四季酒店自2005年啟業以來，位於大堂樓層的餐廳The Lounge的下午茶便一直採用他這款精心研製的鬆餅，並配以英國德文郡忌廉及手製果醬。

陳師傅到底有何獨門秘方？答案就是選用最上等的材料，包括法國和日本的麵粉及頂級奶製品如法國牛油等。除此以外，整個製作過程也必須保持專注和耐性。一爐鬆餅，由混麵粉、揉麵團、發酵到烘焗，需要28小時以上才能完成。陳師傅非常重視鬆餅的製作，認為它會反映自己的內心。

陳師傅曾經是香港廚藝代表隊一員，參加過美食界的奧林匹克比賽，並贏得多個獎項。他也是香港四季酒店結婚蛋糕的幕後創作人，這款享負盛名的蛋糕，設計精美，讓人驚艷。技藝超群的他卻堅持，就算是別人眼中的簡單產品，如鬆餅，也絕不掉以輕心。





## Freddy Cheung 張成發

Graduate of the Vocational Training Council with a Certificate in Food & Beverage Service, and Food & Beverage Manager of Kowloon Shangri-La, Hong Kong

畢業於職業訓練局餐飲營運證書課程，現為九龍香格里拉大酒店的餐飲經理

By Vivian Mak



“

A hotel such as Kowloon Shangri-La has a 24-hour food and beverage offering. Even if our restaurants are closed, we still offer room service, so there is always plenty to keep up to date with.

像九龍香格里拉這樣的頂級酒店，提供24小時餐飲服務是必須的。即使餐廳已打烊，我們仍然會提供客房用餐服務，因此總是要時刻掌握各種各樣的最新狀況。

When I am working, I get up at 5am to get ready. As hotel management staff, we are required to be well groomed. I arrive at the hotel around 7.15am and my routine is to walk around the property to check all the food and beverage outlets, to make sure everything is clean and shipshape, especially our outdoor Tapas Bar.

After that, I go to the restaurants to greet and mingle with our guests at the breakfast session. Some of our guests are loyal customers who know me in person. I believe that the more we interact and communicate with our customers, the better

their experience with us can be, because they have the opportunity to share any comments and suggestions while they are still staying at the hotel. This provides us with the chance to make any necessary improvements. If we miss this opportunity and then receive a complaint, it is too late.

The food and beverage section strives for original ideas to enhance our status as a market leader. Inspired by the marketing book *Blue Ocean Strategy*, which encourages the pursuit of differentiation, we launched a pop-up Japanese fresh fruit stall at the entrance of the hotel. Noting the

success of the fruit stall, some competitors tried to copy the idea, but without the knowledge of our concept – which was to offer only the finest, seasonal fruits – their endeavours have lacked the meaning of ours.

Additionally, we look at market trends. Given the recent interest in soufflé pancakes, we brought these to the lobby lounge for weekend afternoon tea. They have been a great success and along with our fruit stall, have added to our distinctive offering. We have plenty more in store and guests can expect plenty of new concepts in the future.

如果上班的話，我清晨五點就會起床準備。作為酒店管理人員，必須打扮得整齊乾淨。我大約在早上7點15分便會到達酒店，然後開始巡視酒店內各大小餐廳食肆，確保所有地方都乾淨整潔、井井有條，特別是戶外的Tapas Bar。

接著趁早餐時段到各餐廳跟客人打招呼、閒聊，有些客人已是我們酒店的老主顧，跟我薄有交情。我相信跟客人交流溝通的時間越多，他們的住宿餐飲體驗也會越好，因為這樣的話，我們就有機會在客人住宿期間聽到他們的意見和建議，並及時作出必要的改善。如果錯失這樣的機會，讓意見變成投訴就太遲了。

餐飲工作需要不斷提出原創的構思，以提升我們作為頂級酒店的地位。市場推廣書籍《Blue Ocean Strategy》鼓勵要與眾不同，受其啟發，我們曾經在酒店正門附近設立期間限定的日本鮮果攤檔。那次推廣非常成功，並引來同業的爭相仿效，但他們並不了解我們只供應最優質的當季生果的概念，所以並沒有獲得跟我們相同的效果。

我們也會留意市場趨勢，譬如近期梳乎厘班戟大行其道，於是大堂酒廊在週末下午茶也會提供這種甜品。梳乎厘班戟跟期間限定的日本鮮果攤檔一樣受歡迎，兩者均已變成我們的特別項目。我們還有許多新的構想和意念，將會在日後陸續推出，敬請各位住客拭目以待。

## Recipes for success 成功之道

The International Culinary Institute (ICI) and its sister institutions, the Hotel and Tourism Institute (HTI) and the Chinese Culinary Institute (CCI), provide students with an array of fun and educational opportunities

國際廚藝學院及與其相輔相成的酒店及旅遊學院和中華廚藝學院，積極為學員提供各種學習機會，讓學員透過校內課程增長知識之餘，更可與專家交流及參加特別活動和比賽，開拓視野

By ICI Editorial Team 國際廚藝學院編輯組



### Top of their game 展現所長

Culinary students and alumni of ICI and CCI swept the awards board at the Hong Kong International Culinary Classic in May, a key event at Asia's leading food and hospitality trade show, HOFEX. This year, more than 900 competitors from 11 countries took part in the competition, which aims to promote culinary excellence. Students from ICI, CCI and HTI displayed their skills, from cocktail making to Chinese dumpling folding, with those from ICI and CCI entering and triumphing in the competition.

多位國際廚藝學院 (ICI) 及中華廚藝學院 (CCI) 的學員與畢業生，在5月舉行的香港國際美食大賽 (HKICC) 上囊括多個大獎。作為餐飲界盛事HOFEX的焦點活動，旨在推廣廚藝的HKICC，今年共吸引超過900位來自11個國家的廚藝精英參賽。ICI、CCI與酒店及旅遊學院 (HTI) 的學員，亦在現場展示調配雞尾酒和包餃子等技巧。

### Going for gold 摘金而回

ICI alumnus Henry Lee represented Hong Kong at The Belt and Road International Skills Competition in Chongqing in May. A graduate of the ICI Diploma in European Cuisine, Lee was required to complete a soup course and main dish within a four-hour time limit, and finger food and a dessert within two hours. Speed and quality were both of the essence, but Lee proved he was up to the task, taking home the gold medal.

5月，國際廚藝學院畢業生李漢輝代表香港參加了於重慶舉行的一帶一路國際技能大賽。李漢輝必須在四小時及兩小時內，分別完成一道熱湯加主菜，以及一份小吃加甜品，共四道菜式。比賽不僅講求手藝，速度也同樣重要，畢業於歐陸廚藝文憑課程的李漢輝證明了自己的實力，奪金而回。



### Gallic guidance 法式指導

Chef Jakic Stephane Michel Augustin, who hails from France's leading professional training establishment, FERRANDI Paris, provided ICI students with three days of culinary training in authentic French cuisine in May. Students prepared such sumptuous dishes as Pan-fried Salmon the Grenobloise way, Riesling Trout, Roast Tenderloin, and Chicken Breast, some of which were evaluated as part of the training. The chef also hosted a French dinner, which allowed students to enhance their learning.

來自法國巴黎FERRANDI Paris廚藝學校的大廚 Jakic Stephane Michel Augustin，於5月為國際廚藝學院的學員提供為期三天的培訓課程，傳授烹調正宗法國菜的技巧。學員在受訓期間，有機會為烹調格勒諾布爾式香煎三文魚、Riesling白酒煮鱒魚、烤牛柳和雞胸等豐富菜式作準備，導師會根據部分準備過程給學員評分。期間，Augustin還主理一場法式晚宴，學員從中獲得寶貴的學習機會。







Bouillabaisse, created by students of the International Culinary Institute  
國際廚藝學院學員精心炮製的馬賽魚湯

